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1760

# THE Complete Confectioner:

OR THE

## WHOLE ART OF CONFECTIONARY

Made PLAIN and EASY.

S H E W I N G

The various METHODS of PRESERVING and CANDYING,  
both dry and liquid,

## All Kinds of Fruit, Flowers, and Herbs;

The different WAYS of

## CLARIFYING SUGAR;

And the Method of

## Keeping FRUIT, NUTS, and FLOWERS,

FRESH AND FINE ALL THE YEAR ROUND.

Also DIRECTIONS for making

Rock-works and Candies,  
Biscuits,  
Rich Cakes,  
Creams and Ice Creams,  
Custards,  
Jellies,  
Blomonge  
Whip Syllabubs, and Cheese-  
cakes of all Sorts,  
Sweetmeats,

English Wines of all Sorts;  
Strong Cordials,  
Simple Waters,  
Mead, Oils, &c.  
Syrups of all Kinds,  
Milk Punch that will keep  
twenty Years,  
Knicknacks and Trifles for De-  
serts, &c. &c. &c.

L I K E W I S E

## The Art of making Artificial FRUIT,

With the Stalks in it, so as to resemble the natural Fruit.

To which are added,

Some Bills of Fare for Deserts for Private Families.

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By H. GLASSE, Author of the *Art of Cookery*.

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L O N D O N:

Printed for J. COOKE, No. 17, Pater-noster Row.

1760





TO  
THE HOUSEKEEPERS  
OF  
*Great Britain and Ireland.*

LADIES,

HERE is, perhaps, no book more  
wanted than a Compleat Con-  
fectioner: Several little pieces have  
been written on this subject, but  
none on a plan extensive enough for general use.  
Ladies who reside chiefly in the country, where  
they have no opportunity of procuring things  
from a Confectioner, must very sensibly feel the  
want of such a book as this; and those who have  
hitherto bought of the Confectioners, will soon  
find, that a vast expence is to be saved by the use  
of this book; which is compiled, partly from  
the manuscripts of a very old experienced  
housekeeper to a family of the first distinction;  
and partly from my own experience. I do  
not take on me to direct the setting out a  
grand dessert, as that must depend on each Lady's

par-

particular fancy; but I have given some few bills of fare for deserts in private families, where they may be at a loss to think of things in a hurry. You will also herein find, the ART OF JOINING CHINA-WARE, so as to be fit for use in ten minutes, provided the ingredients are ready to join it with. I have said nothing on cookery, having already written fully on that subject, in a work, intitled; The ART OF COOKERY made Plain and Easy; which, together with this book, I flatter myself, will be sufficient to compleat the young and unexperienced Ladies, in every branch of house-keeping. I am, with the greatest respect,

LADIES,

Your most obedient

humble servant,

H: Glasse





*H. Glasse*

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## CONFECTIONER.

*To clarify sugar.*

REAK into your preserving-pan  
the white of an egg, put in four  
quarts of water, beat it up to a  
froth with a whisk, then put in  
twelve pounds of sugar; mixed together,  
set it over the fire, and when it boils put in  
a little cold water; so do for four or five  
times, till the scum appears thick on the top;  
B then

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then remove it from the fire, and let it settle; then take off the scum, and pass it through your straining-bag.

*Note:* If the sugar doth not appear very fine, you must boil it again before you strain it; otherwise, in boiling it to a height, it will rise over the pan.

*To boil sugar to the degree called smooth.*

When your sugar is thus clarified, put what quantity you have occasion for over the fire, to boil smooth; the which you'll prove by dipping your scummer into the sugar, and then touching it with your fore-finger and thumb; in opening them, you will see a small thread drawn betwixt, which immediately breaks, and remains in a drop on your thumb; thus it is a little smooth: then boiling more, it will draw into a larger string; then it is become very smooth.

*The blown sugar.*

Boil your sugar longer than the former, and try it thus, *viz.* dip in your scummer, and take it out, shaking off what sugar you can



## C O N F E C T I O N E R. 3

can into the pan, and then blow with your mouth strongly through the holes; and if certain bubbles or bladders blow through, it is boiled to the degree called blown.

### *The feathered sugar.*

It is a higher degree of boiling sugar; which is to be proved by dipping the scummer, when it hath boiled somewhat longer; shake it first over the pan, then give it a sudden flurt behind you; if it be enough, the sugar will fly off like feathers.

### *The crackled sugar.*

Is proved by letting it boil somewhat longer; and then dipping a stick into the sugar, which immediately remove into a pot of cold water, standing by for that purpose, drawing off the sugar that cleaves to the stick; if it becomes hard, and will snap in the water, it is enough; if not, you must boil it till it comes to that degree.

*Note:* Your water must be always very cold or it will deceive you.

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*The carmel sugar.*

Is known by boiling yet longer; and is proved by dipping a stick, as aforesaid, first in the sugar, and then in the water: but this you must observe, when it comes to the carmel height, it will snap like glass the moment it touches the cold water, which is the highest and last degree of boiling sugar.

*Note:* Observe that your fire be not very fierce when you boil this, lest, flaming up the sides of your pan, it should cause the sugar to burn, and so discolour it.

*To preserve Seville oranges liquid, as also lemons.*

Take the best Seville oranges and pare them very neatly, put them into salt and water for about two hours, then boil them very tender, till a pin will go into them easily, then drain them well from the water and put them into your preserving pan, putting as much clarified sugar to them as will cover them, laying a trencher or plate on them to keep them down;

down; then set them over a fire, and by degrees heat them till they boil; let them have a quick boil, till the sugar comes all over them in a froth; then set them by till next day, when you must drain the syrup from them, and boil it till it becomes very smooth, adding some more clarified sugar; put it upon the oranges, and give them a boil; then set them by till next day, when you must do as the day before. The fourth day drain them, and strain your syrup through a bag, and boil it till it becomes very smooth; then take some other clarified sugar, boil it till it blows very strong, and take some jelly of pippins, as I shall hereafter express, with the juice of some other oranges; after they are preserved as above directed, take two pounds of clarified sugar, boil it to blow very strong; then one pint and a half of pippin jelly, and the juice of four or five oranges; boil all together; then put in the syrup that has been strained and boiled to be very smooth, and give all a boil; then put your oranges into your pots, or glasfies, and fill them up with the above made jelly; when cold, cover them and set them by for use.

*Note:*

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*Note:* Be sure in all your boilings to clear away the scum, otherwise you will endanger their working; and if you find they will swim above your jelly, you must bind them down with the sprig of a clean whisk.

*To draw a jelly from pippins.*

Take the fairest and firmest pippins, pour them into fair water, as much as will cover them, set them over a quick fire and boil them to mash; then put them on a sieve over an earthen pan, and press out all the jelly, which jelly strain through a bag, and use as directed in the oranges before-mentioned, and such others as shall be hereafter prescribed.

*To make orange marmalade; also lemon.*

Take six oranges, grate two of the rinds of them upon a grater, then cut them all, and pick out the flesh from the skin and seeds; put to it the grated rind, and about half a pint of pippin jelly; take the same weight of sugar as you have of this meat so mingled; boil your sugar till it blows very strong;

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strong; then put in the meat, and boil all very quick till it becomes a jelly, which you will find by dipping the scummer and holding it up to drain; if it be a jelly, it will break from the scummer in flakes; and if not, it will run off in little streams; when it is a good jelly, put it into your glasses or pots.

*Note:* If you find this composition too sweet, you may, in boiling, add more juice of oranges; the different quickness they have makes it difficult to prescribe.

### *To preserve oranges with marmalade in them, and lemons.*

Pare your oranges as before; make a round hole in the bottom, where the stalk grew, the bigness of a shilling; take out the meat and put them into salt and water for two or three hours, then boil them very tender and put them into a clarified sugar; give them a boil the next day, drain the syrup and boil it till it becomes smooth; put in your oranges, and give them a good boil; when a little cool, drain them, and fill them with a marmalade made as before directed, putting in the

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the round piece you cut out; with the syrup, some other sugar, and pipping juice, make a jelly and fill up your pots and glasses.

For variety, take three of your preserved oranges, take off the tops, cut them so as to look like little cups, and fill them with this marmalade; they both eat pretty, and make a variety.

*To preserve green oranges.*

Take the green oranges, slit them on one side, and put them into a brine of salt water, as strong as will bear an egg, in which you must soak them at least fifteen days; then strain them and put them into fresh water, and boil them tender; then put them into fresh water again, shifting them every day for five days together; then give them another scald, and put them into a clarified sugar; then give them a boil, and set them by till next day; then boil them again; the next day add some more sugar, and give them another boil; the day after boil the syrup very smooth, pour it on them and keep them

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## C O N F E C T I O N E R. 9

*Note:* That if at any time you perceive the syrup begin to work, you must drain them and boil the syrup very smooth, and pour it on them; but if the first proves sour, you must boil it likewise. Green lemons are done after the same manner.

*Note also,* If the oranges are any thing large, you must take out the meat from the in-side.

### *To make a compote of oranges.*

Cut the rind off your oranges into ribs, leaving part of the rind on; cut them into eight parts, and throw them into boiling water; when a pin will easily go through the rind, drain and put them into as much sugar, boiled till it becomes smooth, as will cover them; give all a boil together, adding some juice of oranges to what sharpnes you please; you may put a little pippin jelly into the boiling; when cold, they make pretty plates.

6      T H E   C O M P L E A T

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## C O N F E C T I O N E R. 7

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TO THE COMPLEAT

*The Duchess of Cleveland's receipts to preserve lemons, citrons and oranges.*

Take good lemons, fair and well coloured, and scrape a little of the uppermost rind; take out the seeds, and the juice; lay them in spring water, shifting them twice a day for a day or two; then boil them, to be tender, with a pound and quarter of double-refined sugar, and a pint and three quarters of spring water; take the scum off, and put in your lemons; have ready a pint of pippin water; boil it first with half a pound of sugar; and put it to them; then boil it to a jelly, and put in the juice of your lemons; then let them boil, but a little after, and put them into your glasses, but be sure to cover them with syrup.

*How to take out the seeds.*

You must cut a hole in the top, but it must be a little one, and take them out with a scoop; dry them, before you put them into your syrup, with a clean cloth.

To

*To make orange rings and faggots.*

Pare your oranges as thin and as narrow as you can; put the parings into water whilst you prepare the rings, which are done by cutting the oranges, so pared, into as many rings as you please; then cut out the meat from the inside, and put the rings and faggots into boiling water; boil them till the tender, then put them into as much clarified sugar as will cover them; set them by till next day, then boil them all together, and set them by till the day after; then drain the syrup and boil it till very smooth, then return your oranges into it, and give all a boil; the next day boil the syrup till it rises up to almost the top of your pan; then return your oranges into it, give them a boil, and put them by in some pot to be candied, as hereafter mentioned, whenever you shall have occasion.

*Zest of China oranges.*

Pare off the outward rind of the oranges very thin, and only strew it with fine powder

der sugar, as much as their own moisture will take, and dry them in a hot stove.

*To candy orange, lemon, and citron.*

Drain what quantity you will candy clean from the syrup, wash it in luke-warm water, and lay it on a sieve to drain; then take as much clarified sugar as you think will cover what you will candy; boil it till it blows very strong, then put in your rings, and boil them till it blows again; then take it from the fire, let it cool a little, and, with the back of a spoon, rub the sugar against the inside of your pan, till you see the sugar becomes white; then, with a fork, take out the rings one by one, and lay them on a wire grate to drain; then put in your faggots, and boil them as before directed; then rub the sugar, and take them up in bunches, having somebody to cut them with a pair of scissars to what bigness you please, laying them on your wire to drain.

*Note:* Thus you may candy all sorts of oranges, lemon peels, or cliips; lemon rings and faggots are done the same way, with this distinction only, that

that the lemons ought to be pared twice over, that the ring may be the whiter; so will you have two sorts of faggots, but you must be sure to keep the outward rind from the other, otherwise it will discolour them.

*To make orange cakes.*

Take six Seville oranges, grate the rinds of two of them, then cut off the rinds of all six to the juice, and boil them in water till very tender; then squeeze out all the water you can, and beat them to a paste in a marble mortar; rub it through a hair sieve, and what will not easily rub through, must be beaten again till it will; cut to pieces the insides of your oranges, and rub as much of them through as you possibly can; then boil about six or eight pippins in as much water as will almost cover them; boil them to a paste, and rub it through a sieve to the rest; put all into a pan together, and give them a thorough heat till they are well mingled; then, to every pound of this paste, take one pound and a quarter of loaf sugar; clarify the sugar, and boil it to the crick; put in your paste and the grated peel, and stir it all

all together, over a slow fire, till it is well mixed, and the sugar all melted; then, with a spoon, fill your round tin moulds, and set them in a warm stove to dry; when dry on the tops, turn them on sieves to dry on the other side; and when quite dry, box them up.

*Lemon cakes.*

Take six thick rined lemons, grate two of them, then pare off all the yellow peel, and strip the white to the juice, which white boil till tender, and make a paste exactly as above.

*To preserve white citrons.*

Cut your white citrons into what sized pieces you please; put them into water and salt for four or five hours; then wash them in fair water, and boil them till tender; drain them, and put them into as much clarified sugar as will cover them, and set them by till next day; then drain the syrup, and boil it a little smooth; when cool, put in your citrons; the next day boil your syrup quite smooth, and pour on your citrons; the day

day after boil all together, and put it into a pot to be candied, or put it into jellies, or compose it as you please.

*You may make fine citron of green mellons.*

Cut them all long ways into quarters; scrape out the seeds and inside, and preserve and candy the same as above, only with this difference, boil them three times up in the syrum.

*Note:* You must look over these fruits kept in syrum, and if you perceive any froth on them, you must give them a boil; and if they should become very frothy and sour, you must first boil the syrum, and then all together.

*To make orange clear cakes.*

Take the best pippins, pare them into as much water as will cover them, and boil them to a mash; then press out the jelly upon a sieve, and strain it through a bag, adding juice of oranges to give it an agreeable taste; to every pound of jelly take one pound and a quarter of loaf sugar, boil it till  
it

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it cracks, and then put in the jelly and the rind of a grated orange or two; stir it up gently over a slow fire, till all is incorporated together; then take it off, and fill your clear cake glasses; what scum arises on the top, you must carefully take off before they are cold; then put them into a stove, and when you find them begin to crust upon the upper side, turn them out upon squares of glasses and put them to dry again; when they begin to have a tender candy, cut them into quarters or what pieces you please, and let them dry till hard; then turn them on sieves, and, when thorough dry, put them in your boxes.

*Note:* As they begin to sweat in the box, you must shift them from time to time, and it will be requisite to put no more than one row in a box, at the beginning, till they do not sweat. Lemon colour cakes are made with lemons as these.

*To make orange flower paste.*

Boil one pound of the leaves of orange flowers very tender; then take two pounds and two ounces of double-refined sugar in fine powder, and when you have bruised the

the flowers to a pulp, stir in the sugar by degrees, over a slow fire, till all is in and well melted; then make little drops and dry them.

*To preserve orange flowers.*

Take the orange flowers just as they begin to open, put them into boiling water, and let them boil very quick till they are tender, putting in a little juice of lemon, as they boil, to keep them white; then drain them, and dry them carefully between two napkins; then put them into clarified sugar, as much as will cover them; the next day drain the syrup, and boil it a little smooth; when almost cold, pour it on the flowers, and the next day you may drain them and lay them out to dry, dusting them a very little.

*To put them in jelly.*

After they are preserved, as before directed, you must clarify a little more sugar, with orange flower water, and make a jelly of codlins, which, when ready, put in the flowers, syrup, and all; give them a boil,

D

scum

scum them, and put them into your glasses or pots.

*To make orange flower cakes.*

Take four ounces of the leaves of orange flowers, put them into fair water for about an hour, then drain them and put them between two napkins, and, with a rolling-pin, roll them till they are bruised; then have ready boiled, one pound of double-refined sugar, to a bloom degree; put in the flowers, and boil it till it comes to the same degree again; then remoye it from the fire, and let it cool a little; then, with a spoon, grind the sugar to the bottom or sides of the pan, and when it becomes white, pour it into little papers or cards, made in the form of a dripping-pan, and, when quite cold, take them out of the pans, and dry them a little in a stove.

*To make pomegranate clear cakes.*

Draw your jelly as for the orange clear cakes, then boil it in the juice of two or three pomegranate seeds, and all with the juice of an orange and lemon, the rind of each  
grated

grated in ; then strain it through a bag, and to every pound of jelly, put one pound and a quarter, boiled till it cracks, to help the colour to a fine red ; put in a spoonful of cocheneal, prepared as hereafter directed, and then fill your glasses, and order them as oranges.

### To preserve cocheneal.

Take one ounce of cocheneal and beat it to a fine powder; then boil it in three quarters of a pint of water to the consumption of half; then beat half an ounce of roach allum, and half an ounce of cream of tartar, very fine, and put them to the cocheneal; boil them all together a little while, and strain it through a fine bag, which put into a phial and keep for use.

*Note* : If an ounce of loaf sugar be boiled in with it, it will keep from moulding what you do not use immediately.

*To make pippin knots.*

Take your pippins and weigh them, then  
put them into your preserving-pan; to every  
D 2 pound

pound put four ounces of sugar, and as much water as will scarce cover them ; boil them to a pulp, and then pulp them through a sieve ; then, to every pound of the apples weighed, take one pound of sugar clarified ; boil it till it almost cracks, then put in the paste, and mix it well over a slow fire ; then take it off, and pour it on flat pewter plates, or the bottoms of dishes, to the thickness of two crowns, and set them in the stove for three or four hours ; then cut it into narrow slips, and turn it up into knots to what shape or size you please ; put them into the stove to dry, dusting them a little ; turn them, and dry them on the other side, and, when thorough dry, put them into your box.

*Note* : You may make them red, by adding a little cocheneal ; or green, by putting a little of the following colour.

*To prepare a green colour.*

Take gumbouge one quarter of an ounce, of indico and blue the same quantity ; beat them very fine in a brass mortar, and mix with it a spoonful of water ; so you will have a fine green.

To

*To preserve golden pippins in jelly.*

Pare your pippins from all spots, and, with a narrow-pointed knife, make a hole quite through them ; then boil them in fair water about a quarter of an hour ; drain them, and take as much sugar as will cover them ; boil it till it blows very strong, then put in your pippins, and give them a good boil ; let them cool a little, and give them another ; then if you have, for example, a dozen of pippins, take a pound of sugar, and boil it till it blows very strong ; then put in half a pint of pippin jelly, and the juice of three or four lemons ; boil all together, and put to the golden pippins ; give them all a boil, scum them, and put them into glasfles or pots.

*To preserve pippins for present eating.*

Pare them very thin, and put them into a clean stewpan, saucepan, or preserving-pan, according to the quantity you want ; but scoop out the cores, and into every pippin put two or three long narrow bits of lemon peel ; take the parings, boil them in water enough

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enough to cover the pippins, strain it, and make it as sweet as syrup; pour it on your pippins, and stew them till they are quite tender; they make a pretty plate.

*To dry golden pippens.*

Pare your pippins, and make a hole in them as above; then weigh them and boil them till tender; take them out of the water, and to every pound of pippins take a pound and a half of loaf sugar, and boil it till it blows very strong; then put in the fruit, and boil it very quick till the sugar flows all over the pan; let them settle, cool them, scum them, and set them by till the next day; then drain them and lay them out to dry, dusting them with fine sugar before you put them into the stove; the next day turn them and dust them again; when dry, pack them up.

You may dry them in slices, or quarters, after the same manner.

*To green codlins.*

Take your codlins, and coddle them gently, close covered; then peel your codlins,

lins, and put them into cold water, setting them over a slow fire till they are greeen, close covered ; they will be two or three hours doing.

*To dry apples or pears.*

First boil them in new ale wort, on a slow fire, for a quarter of an hour ; then take them out and press them flat, and dry them in your oven, or stove ; put them up in papers, in a box, and they will keep all the year.

*To make black caps of apples.*

Pare them, lay them in your pan, strew a few cloves over them, a little lemon peel cut very small, and two or three blades of cinnamon, with some coarse sugar ; cover the pan with brown paper, set them in an oven with the bread, and let them stand till the oven is cold.

*To make a compote of boondretien pears.*

Pare your fruit, and cut them into slices ; scald them a little, squeezing some juice of lemon.

lemon on them, in the scalding; to keep them white; then drain them, and put as much clarified sugar as will just cover them; give them a boil, and then squeeze the juice of an orange or lemon, which you best approve of, and serve them to table when cold.

*A compote of baked wardens.*

Bake your wardens in an earthen pot, with a little claret, some spice, lemon peel, and sugar; when you use them, peel off the skin and dress them in plates, either whole or in halves; then make a jelly of pippins, sharpened well with the juice of lemons, and pour it upon them; when cold, break the jelly with a spoon, and it will look very agreeable upon the red pears.

*To stew pears purple.*

First pare your pears, then cut them in two, or whole; lay them in a stew-pan, and boil the parings in water, just sufficient to cover them; strain it off, and make it as sweet as syrup; pour it over your pears, and lay a pewter plate on them, putting on the cover

cover of the stew-pan close, and let them stew over a slow fire for half an hour, or till they are quite tender, and they will be a fine purple.

*To rock candy violets.*

Pick the leaves off the violets, then boil some of the finest sugar till it blows very strong, which pour into your candying pan, being made of tin in the form of a dripping-pan, about three inches deep; then strew the leaves of the flowers as thick on the top as you can, and put it into a hot stove for eight or ten days; when you see it is hard candied, break a hole in one corner of it, and drain all the syrup that will run from it, break it out, and lay it on heaps on plates to dry in the stove.

*To candy violets whole.*

Take the double violets, and pick off the green stalks; then boil some sugar till it blows very strong, then throw in the violets, and boil it till it blows again; then, with a spoon, rub the sugar against the sides of the

E pan,

pan, till white; then stir all till the sugar leaves them, and then sift and dry them.

*Note: Junquils are done the same way.*

*To preserve angelica in knots.*

Take young and thick stalks of angelica, cut them into lengths of about a quarter of a yard, and scald them; then put them into water, strip off the skins, and cut them into narrow slips; lay them on your preserving pan, and put to them a thin sugar, that is, to one part sugar, as clarified, and one part water; then set it over the fire, let it boil, and set it by till next day; then turn it in the pan, give it another boil, and the day after drain it and boil the sugar till it is a little smooth; pour it on your angelica, and if it be a good green boil it no more; if not, heat it again, and the day following boil the sugar till it is very smooth, and pour it upon your angelica; the next day boil your syrup till it rises to the top of your pan, and put your angelica into your pan; pour your syrup upon it, and keep it for use.

*To*

*To dry it.*

Drain what quantity you will from the syrup, and boil as much sugar as will cover it, till it blows ; put in your angelica, and give it a boil till it blows again ; when cold, drain it, tie it in knots, and put it into a warm stove to dry, first dusting it a little ; when dry on one side, turn it to dry on the other, and then pack it up.

*To preserve angelica in sticks.*

Angelica, not altogether so young as the other, cut into short pieces, about half a quarter of a yard, or less ; scald it a little, then drain it, and put it into a thin sugar as before ; boil it a little the next day, turn it in the pan the bottom upwards and boil it, and then finish it as the other for knots.

*Note* : When you will candy it, you must drain it from the syrup, wash it, and candy it as the orange and lemon.

*Angelica paste.*

Take the youngest and most pithy angelica you can get, boil it very tender, and drain and press out all the water you possibly can; then beat it in a mortar to as fine a paste as may be, and rub it through a sieve; next day dry it over a fire, and, to every pound of this paste, take one pound of fine sugar in fine powder; when your paste is hot, put in the sugar, stirring it over a gentle fire till it is well incorporated; when so done, drop it on plates, long or round, as you think proper; dust it a little, and put it into the stove to dry.

*To preserve ringoe root.*

Take your ringoe roots, and parboil them reasonably tender; then pick and peel them; wash them very clean, dry them with a cloth, and put in as much clarified sugar as will cover them; boil them leisurely in a great silver basin that is deep, set on a chafing dish of coals, till you see the rolls look clear

clear and your syrup something thick, betwixt hot and cold, and put them up.

*To preserve sweet-marjoram.*

Take the white of an egg, beat it very well, and take double refined sugar, beaten very fine and sifted; then take the marjoram, and rub it on a glass that is clean, and lay it in form of the glass; so do it with your egg, then seer it with your sugar on it, and lay it on papers to dry.

*To preserve quinces white.*

Pare and core the quinces; to every pound of sugar and quinces, put in a pint of water; boil them together as fast as you can, uncovered: The same way you may preserve pippins white.

*To preserve quinces white or red.*

Core and pare your quinces; those which you would have white, put into a pail of water for two or three hours; then take as much sugar as they weigh, and add as much water

water as will make a syrup to cover them ; boil the syrup a little, then put in the quinces, and let them boil as fast as you can till they are very tender and clear ; afterwards take them out, and boil the syrup a little higher alone, and when it is cold put the quinces up in pots ; if you would have them red, put them raw into sugar and let them boil gently, being close covered, till they are red ; you must not put them into cold water.

*The jelly.*

Take a quantity of spring water, and put into it as many quinces, thin sliced, and cores and parings, as will conveniently boil to be tender, also a large handful of hartshorn ; boil it very fast, keeping it stirring ; when it is strong enough tasted, rub it through a jelly bag : this is best when it looks pure white ; let your hartshorn be boiled first, add this to your syrup, and boil it all together.

*To preserve apricots green.*

Take the apricots when about to stone, before it becomes too hard for a pin easily to pass

pass through ; pare them in ribs very neatly, because every stroke with the knife will be seen ; then put them into fair water as you pare them, and boil them till tender enough to slip easily from your pin ; drain them, and put them into a thin sugar, that is to say, one part sugar clarified, and one part water ; boil them a little, and set them by till next day ; then give them another boil, and the day after drain them, boil your syrup a little smooth, and put it upon them without boiling your fruit ; let them remain in the syrup four or five days ; then boil some more sugar till it blows hard, and add it to them ; give all a boil, and let them lie till the day following ; then drain them from the syrup, and lay them out to dry, dusting them with a little fine sugar before you put them into the stove.

*To put them up in jelly.*

You must keep them in the syrup till cod-lins are pretty well grown, taking care to visit them sometimes that they do not sour ; which, if they do, the syrup will be lost, by reason it will become muddy, and then you will

water as will make a syrup to cover them ; boil the syrup a little, then put in the quinces, and let them boil as fast as you can till they are very tender and clear ; afterwards take them out, and boil the syrup a little higher alone, and when it is cold put the quinces up in pots ; if you would have them red, put them raw into sugar and let them boil gently, being close covered, till they are red ; you must not put them into cold water.

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will be obliged to make your jelly with all fresh sugar, which will be too sweet, but when codlins are of an indifferent bigness, draw a jelly from them as from pippins, as you are directed in the foregoing receipts ; then drain the apricots from the syrup, boil it and strain it through your straining bags ; then boil some sugar, proportionably to the quantity of apricots you design to put up, till it blows ; then put in the jelly, and boil it a little with the sugar ; then put in the syrup and the apricots, and give them all a boil together till you find the syrup will be a jelly ; then remove them from the fire, scum them well, and put them into your pots or glasses, observing, as they cool, if they be regular in the glasses, to sink and disperse them to a proper distance, and, when quite cold, to cover them up.

*To preserve apricots whole.*

Take the apricots when full grown, pare them, and take out their stones ; then have ready a pan of boiling water, throw them into it, and scald them till they rise to the top of the water ; take them out carefully with

with your scummer, and lay them on a sieve to drain ; then lay them in your preserving pan, and lay over them as much sugar, boiled to blow, as will cover them ; give them a boil round, by setting the pan half on the fire and turning it about as it boils ; then set it full on the fire, and let it have a covered boiling ; then let them settle a quarter of an hour, and pick those that look clear to one side, and those that do not, to the other ; boil that side that is not clear, till they become clear ; and, as they do so, pick them away, lest they boil to a paste ; when you see they look all alike, give them a covered boiling, scum them, and set them by ; the next day, boil a little more sugar to blow very strong, put it to the apricots, and give them a very good boil ; scum and cover them with paper, and put them in a stove for two days ; then drain them and lay them out to dry, first dusting the plates you lay them on, and then the apricots extraordinary well, blowing off what sugar lies white upon them ; put them into a very warm stove to dry, and when dry on one side, turn and dust them again ; when quite dry, pack them up.

*Note:* In the turning them, you must take care there be no little bladders in in them ; if there be, you must prick them with the point of a penknife, and squeeze them out, otherwise they will blow and sour.

*To preserve apricot chips.*

Split the apricots, and then take out the stones ; pare them, and turn them round with your knife ; put them into your pan without scalding, and put as much sugar, boiled very smooth, as will cover them ; then manage them on the fire as the whole apricots, scum them, and set them in the stove ; the next day boil some more sugar, very strong, drain the syrup from the apricots, boil it very smooth, put it to the fresh sugar, and give it a boil ; then put in the apricots, boil them first round, and then let them have a covered boil ; scum them and cover them with paper, then put them into the stove for two or three days ; drain them, and lay them out to dry, first dusting them.

To

### To preserve apricots in jellies.

Pare and stone your Apricots, then scald them a little; then lay them in your pan, and put as much clarified sugar to them as will cover them; the next day drain the syrup, and boil it smooth; then slip in your apricots, and boil as before; the next day make a jelly with codlins, boiling some apricots among them to give a better taste; when you have boiled the jelly to its proper height, put in the apricots with their syrup, and boil all together; when enough, scum them well, and put them into your glasses.

### To make apricot paste.

Boil some apricots that are full ripe to a pulp, and rub the fine of it through a sieve; to every pound of pulp, take one pound two ounces of fine sugar, beaten to a very fine powder; heat well your paste, and by degrees put in your sugar; when all is in, give it a thorough heat over the fire, taking care not to let it boil; then take it off, and scrape it all to one side of the pan; let it cool a little, then lay it out on plates in what form

you please; then dust them, and put them into the stove to dry.

*To make apricot clear cakes.*

First draw a jelly from codlins, and, in that jelly boil some very ripe apricots, and press them upon a sieve over an earthen pan; then strain it through your jelly bag, and to every pound of jelly take the like quantity of fine loaf sugar, which clarify and boil till it cracks; then put in the jelly, mix it well, and give it a heat on the fire; scum it and fill your glasses; in drying them order them as before directed.

*To make apricot jam.*

Pare the apricots, take out the stones, break them, take out the kernels and blanch them; then, to every pound of apricots boil one pound of sugar, till it blows very strong; then put in the apricots, and boil them very brisk, till they are all broke; then take them off, bruise them well, put in the kernels, and stir them all together over the fire; then fill your pots or glasses with them.

To

*To preserve nectarins.*

Split the nectarins, and take out the stones; then put them into a clarified sugar, and boil them round till they have well taken sugar; take off the scum, cover them with a paper, and set them by; the next day boil a little more sugar, till it blows very strong, put it to the nectarins, and give them a good boil; take off the scum, cover them and put them into the stove; the next day drain them, and lay them out to dry, first dusting them a little; then put them into the stove again.

*To preserve peaches whole.*

Take the Newington peach, when full ripe, split it and take out the stone; then have ready a pan of boiling water, drop in the peaches, and let them have a few moments scalding; take them out, and put them into as much sugar, only clarified, as will cover them; give them a boil round, then scum them and set them by till the next day; then boil some more sugar to blow very strong, which sugar put to the peaches and give

give them a good boil; scum them and set them by till the day following; then give them another good boil; scum them and put them into a warm stove for the space of two days; then drain them and lay them out, one half over the other, dust them and put them into the stove; the next day turn them and dust them, and, when thorough dry, pack them up for use.

*How to preserve peach chips.*

Pare your peaches and take out the stones, then cut them into very thin slices, not thicker than the blade of a knife; then, to every pound of chips take one pound and a half of sugar, boiled to blow very strong; throw in the chips, give them a good boil and let them settle a little; take off the scum, let them stand a quarter of an hour, and then give them another good boil, and let them settle as before; then take off the scum, cover them and set them by, and the next day drain them and lay them out, bit by bit; dust them and dry them in a warm stove; when dry on one side, take them from the plate with a knife and turn them on a sieve, and

and then again, if they are not pretty dry, which they generally are.

*How to put them in jelly.*

Draw a jelly from codlins, and when they are boiled enough to take as much jelly as sugar, boil the sugar to blow very strong; then put in the jelly, give it a boil, and put it to the chips; give all a boil, scum them, and put them into your glasses.

*How to preserve peaches in brandy.*

• First preserve your peaches whole, with their weight of sugar; do not scald them in water, but boil them into the syrup three times; lay your peaches in a large deep glass for the purpose, take the syrup and pour it over them, with an equal quantity of brandy; cover them close and keep them for use.

Nectarins do the same way.

*To preserve violet plumbs.*

Violet plumbs are a long time yellow, and are ripe in the month of June; they are  
pre-

preserved as follow ; put them into clarified sugar, just enough to cover them, and boil them pretty quick ; the next day boil them again as before ; the day after drain them and take away their skins, which you will find all flown off ; then put them into sugar boiled till it blows a little, and give them a boil ; the day following boil some more sugar till it blows a little, and give them another boil ; the next day boil some more sugar to blow very strong, put it to the plumbs in the syrup, boil them a little, scum them, the next day drain them and lay them out to dry, observing to dust them before you put them into the stove.

*How to preserve green amber-plumbs.*

Take the green amber-plumbs when full grown, prick them in two or three places, and put them into cold water ; set them over the fire to scald, in which you must be very careful not to let the water be too hot, lest you hurt them ; when they are very tender, put them into a very thin sugar, that is to say, one part sugar and two parts water ; give them a little warm in this sugar, cover them, and the next day give them another warm ;

the

the third day drain them, and boil the syrup, adding a little more sugar; then put the syrup to the plumbs, and give them a boil, and the day after boil the syrup till very smooth; then put it to the plumbs, cover them, and put them into the stove; the next day boil some more sugar to blow very strong, put it to the fruit, give all a boil, and put them into the stove for two days; then drain them, and lay them out to dry, first dusting them very well; manage them in the drying as other fruit.

*To preserve fruit green.*

Take pippins, apricots, pear plumbs or peaches, while they are green, and put them in a preserving-pan, or stew-pan; cover them with vine leaves, and then with fine clear spring water; put on the cover of the pan, set them over a clear fire, when they begin to simmer take them off, and carefully with your slice take them out, peel and preserve them as you do other fruit.

*To preserve green orange plumbs.*

Take the green orange plumbs, full grown, before they turn; prick them with a fine bodkin, as thick all over as you possibly can; put them into cold water, as you prick them, and when all are done, set them over a very slow fire and scald them with the utmost care you can, nothing being so subject to break, and if the skin flies they are worth nothing; when they are tender, take them off the fire, and set them by in the same water for two or three days; when they become sour, and begin to fret on the top of the water, be careful to drain them very well, and put them in single rows in your preserving-pan; put to them as much thin sugar as will cover them, that is to say, one part sugar and two parts water; set them over the fire, and by degrees warm them, till you perceive the sourness to be gone, and the plumbs are funk to the bottom; then set them by, and the next day throw away that syrup, and put to them a fresh sugar of one part sugar and one part water; in this sugar give them several heats, but not to boil, lest you hurt them; cover them and set them in

a warm stove, that they may suck in what sugar they can; the next day drain the sugar, and boil it till it becomes smooth, adding some more fresh sugar; pour this sugar on them, return them into the stove, and the day after boil the sugar to become very smooth; pour it upon the plumbs, and give all a gentle boil; scum it and put them into the stove; the day following drain them out of the syrup, and boil some fresh sugar, as much as you judge will cover them, very smooth; put it to your plumbs, and give all a very good covered boiling; then take off the scum, cover them, and let them stand in the stove two days; then drain and lay them out to dry, dusting them very well.

*To preserve the green Mogul plumb.*

Take this plumb when just upon turning ripe, prick, with a penknife, to the very stone on that side where the cleft is, and put them into cold water as you do them; then set them over a very flow fire to scald, and when they are become very tender, take them carefully out of the water and put them into a thin sugar, that is, half sugar and half water; warm them gently, cover them, and

set them by ; the next day, give them another warm and set them by ; the day following drain the syrup and boil it smooth, adding to it a little fresh sugar, and give them a gentle boil ; the day after boil the sugar very smooth, pour it upon them, and set them in the stove for two days ; drain them, and boil a fresh sugar to be very smooth, or just to blow a little, and put it to your plumbs ; give them a good covered boiling, scum them, and put them into a stove for two days ; drain them ; and lay them out to dry, dusting them very well.

*To preserve the green admirable plumb.*

This is a little round plumb, about the size of a damson ; it leaves the stone when ripe, is somewhat inclining to a yellow in colour, and very well deserves its name, being the finest green when done, and with a tenth part of the trouble and charge ; as you will find by the receipt.

Take this plumb when full grown, and just upon the turn ; prick them with a pen-knife in two or three places, and scald them by

by degrees till the water becomes very hot, for they will even bear boiling; continue them in the water till they become green, then drain them and put them into a clarified sugar; boil them very well, and let them settle a little; then give them another boil, if you perceive they shrink and take not the sugar in very well; prick them with a fork all over, as they lie in the pan, and give them another boil; scum them, and set them by; the next day boil some other sugar, till it blows, and put it to them; give them another boil, set them in the stove for one night; and the next day drain them and lay them out, first dusting them.

*To preserve yellow amber plumbs.*

Take these plumbs when full ripe, put them into your preserving-pan, and put to them as much sugar as will cover them; give them a very good boil, let them settle a little, and give them another boil three or four times round; scum them, and the next day drain them from the syrup; return them again into the pan, boil as much fresh sugar to blow as will cover them, and give them a thorough boiling; scum them, set them in the

the stove for twenty-four hours, and drain them ; then lay them out to dry, after having dusted them very well.

*Note:* In the scalding of green plumbs, you must always have a sieve in the bottom of your pan to put your plumbs in, that they may not touch the bottom ; for those that do, will burst before the others are any thing warm.

*To put plumbs in jelly.*

Any of those sort of plumbs are very agreeable in jelly, and the same method will do for all as for one : I could make some difference, which would only help to confound the practitioner, and swell this treatise in many places ; but as I have promised, so I will endeavour to lay down the easiest method I can. To avoid prolixity, and proceed as above, (*viz.* plumbs in jelly) when your plumbs are preserved in their first sugar, and you have drained them in order to put them in a second, they are then fit to be put up in liquid, which must be thus : Drain the plumbs, and strain the sugar through a bag ; make a jelly of some ripe plumbs and cod-lins

lins together, by boiling them in just as much water as will cover them ; press out the juice, and strain it ; to every pound of juice boil one pound of sugar to blow very strong, and put in the juice ; boil it a little, put in the syrup and plumbs, and give all a good boil ; then let them settle a little, scum them and fill your glasses or pots.

*To make clear cakes of white pear plumbs.*

Take the clearest of your plumbs, put them into a gallypot, and boil them in a pot of boiling water, till they are enough ; then let the clear part run from them, and to every pound of liquor, add as much sugar, boiled to a candy height ; then take it off, put the liquor to it, and stir all together till it be thoroughly hot, but not boiled ; then put it in glasses, and dry them in a stove with a constant warm heat.

*To preserve green figs.*

Take the small green figs, slit them on the top, put them in water for ten days, and make your pickle as follows ; put in as much salt into the water as will make it bear an egg ;

egg ; then let it settle, take the scum off, and put the clear brine to the figs ; keep them in water for ten days, then put them into fresh water, boil them till a pin will easily pass into them, then drain them and put them into other fresh water, shifting them every day for four days ; then drain them, put them into clarified sugar, give them a little warm, and let them stand till the next day ; warm them again, and when they are become green give them a good boil ; then boil some other sugar to blow, put it to them, and give them another boil ; the next day drain and dry them.

*To preserve ripe figs.*

Take the white figs when ripe, slit them in the tops, put them into a clarified sugar, and give them a good boil ; scum them and set them by ; the next day boil some more sugar till it blows, pour it upon them, and boil them again very well ; scum them and set them in the stove, the day after drain and lay them out to dry, first dusting them very well.

*To*

*To candy figs.*

Take your figs when they are ripe, weigh them, and to every pound of figs add a pound of loaf sugar, wetted so as to make a syrup; put the figs in when the syrup is made, that is, melted; let it not be too hot when you put them in; boil them gently, till they are tender, and put them up in pots. To keep them too long candied they lose their beauty; but when you are desirous to use them, and you take any out of the pots, you must take care to add as much loaf sugar, boiled to a candy height, as will cover those remaining in the pots; but before you put the figs into the sugar, they must be washed in warm water, and dried with a clean cloth; let not your syrup be boiled above a syrup candy height; let the figs lie a day or two, then take them up, and lay them upon glasses to dry; they will candy in one hour's lying in the syrup, but it is better that they lie longer.

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To

To

*To preserve green grapes.*

Take the largest and best grapes before they are thorough ripe ; stone them, scald them, and let them lie two days in the water they are scalded in ; then drain them, and put them into a thin syrup, and give them a heat over a slow fire ; the next day turn the grapes in the pan, and heat them again the day after ; then drain them, put them into a clarified sugar, give them a good boil, scum them, and set them by ; the following day, boil more sugar to blow, put it to the grapes, give all a good boil, scum them, and set them in a warm stove all night ; the day after drain the grapes, and lay them out to dry, first dusting them very well.

*To preserve bell grapes in jelly.*

Take the long, large bell, or rouson grapes, pick the stalks off, stone them, and put them into boiling water ; give them a thorough scald, take them from the fire and cover them down close, so that no steam can come out ; then set them upon a very gentle fire, so as not to boil, for two or three hours ;  
take

take them out, put them into a clarified sugar boiled till it blows very strong, as much as will a little more than cover them, and give all a good boil; scum them; boil a little more sugar to blow very strong, take as much plumb jelly as sugar, and give all a boil; then add the grapes to it, give them a boil together, scum them well, and put them up into your pots or glasseſ.

*To preserve grapes in clusters, with one leaf,  
when you gather them.*

Take the great Gascoyne grapes when they are green, before they be too ripe, and prick every one of them; to every pound of grapes add a pound and a quarter of sugar; make a syrup with the verjuice of the grapes strained; when your sugar is made clear and perfect, put in your grapes strained into juice; put them in a deep bafon, cover them close, and set them on a pot of scalding water to boil; when your grapes are tender, take them up, boil the syrup a little more, and, betwixt hot and cold, put them in broad glasseſ or gallypots, (which is better than glasseſ, as you must lay one cluster over another) then put a paper over them and tie them up.

*To preserve mulberries dry.*

Let the mulberries not be too ripe, but rather a reddish green, and tart; having prepared a quantity of sugar equal to the mulberries, and brought it to its blown quality, throw in the mulberries, and give them a covered boiling; the sugar also may be melted with the juice of mulberries to clarify it; when they have boiled, take the pan from the fire, scum it, and set it in the stove till next day; then take them out, drain them from the syrup, and put them up in boxes for use.

*To preserve walnuts white.*

Take the largest French walnuts, when full grown; but before they are hard, pare off the green shell to the white, put them into fair water, and boil them till very tender; drain them and put them into clarified sugar, giving them a gentle heat; the next day boil some more sugar to blow, put it to them and give them a boil; the next day boil some more sugar to blow very strong, put it to the walnuts, give them a boil, scum them

them and put them by; then drain them and put them on plates; dust them and put them into a warm stove to dry.

*Mrs. Johnson's way of preserving walnuts black.*

Take the smaller sorts of walnuts when full grown, and not shelled; boil them in water till very tender, but not to break, so they will become black; drain them and stick a clove in every one; put them into your preserving-pan, and if you have any peach syrup, or that of the white walnuts, it will be as well or better than sugar; put as much syrup as will cover the walnuts, boil them very well, scum them, and set them by; the next day boil the syrup till it becomes smooth, put in the walnuts, and give them another boil; the day after drain them, and boil the syrup till it becomes smooth, adding more syrup, if occasion; give all a boil, scum them, and put them into the pot for use.

*Note:* They answer much better boiled up with the coarsest Lisbon sugar.

These

These walnuts are never offered as a sweetmeat, being of no use but to purge gently the body and keep it open.

*To preserve garlick.*

Take a head of garlick, peel the cloves, throw them into spring water, give them just a boil, and preserve them as you do your apricots.

*Note:* These are more proper for a cough.

*To preserve cucumbers.*

Take little gerkins, put them in a large deep jug, cover them close down with vine leaves, fill the jug with water, cover it with a plate, set it in the chimney corner, a little distance from the fire, yet so as to keep warm ; let them stand so a fortnight, then throw them into a sieve to drain ; they will look very yellow, and will stink ; throw them into spring water once or twice, to clear them ; put them into a large deep stew-pan, or preserving-pan ; cover them all over

over with vine leaves, put in as much clear spring water as will cover them ; set them over a charcoal fire, look often at them, and when they are turned a fine green, drain off that water and put them into a fresh cold water ; have your syrup made ready thus ; to every pound of sugar, add one pint of water, the clear peel of a lemon cut in long shreads, an ounce of ginger boiled in water for a quarter of an hour ; put the ginger and lemon peel to the sugar and water, boil it to a syrup, throw in your cucumbers, and give them a boil ; pour them into the pan you intend to keep them in, let them stand till next day, and boil them again three times ; when cold, cover them up, and they make as fine a sweet as is tasted.

At the same time take large green cucumbers, full ripe, and cut them in four, long ways ; put them into cold water, cover them with green vine leaves, and set them over a charcoal fire till they boil ; take them off, throw them into a cold water, and repeat it several times, till they are a fine green and tender ; then preserve them as above, or dry them as you do your other candied sweet-meats ;

meats ; either way they answer in tarts, mince-pies, or cakes, as well as citron.

*To preserve green almonds.*

Take the almonds when they are well grown, and make a lye with wood, charcoal and water ; boil the lye till it feels very smooth, strain it through a sieve, and let it settle till clear ; then pour off the clear into another pan, and set it on the fire in order to blanch off the down that is on the almonds, which you must do in this manner, *viz.* when the lye is scalding hot, throw in two or three almonds, and try, when they have been in some time, if they will blanch ; if they will, put in the rest, and the moment you find their skins will come off, remove them from the fire, put them into cold water, and blanch them, one by one, rubbing them with salt ; then wash them in several waters, in order to clean them ; in short, till you see no soil in the water ; when this is done, throw them into boiling water, and let them boil till so tender as a pin may easily pass through them ; drain and put them into clarified sugar without water, they

they being green enough do not require a thin sugar to bring them to a colour ; but, on the contrary, if too much heated, they will become too dark a green ; the next day boil the syrup and put it on them, the day after boil it till it be very smooth, the day following give all a boil together, scum them and let them lie four or five days ; then, if you will dry them or put them in jellies, you must follow the directions as for green apricots.

*Note:* If you will have a compote of either, it is but serving them to table when they are first entered, by boiling the sugar a little more.

*To parch almonds.*

Take a pound of sugar, make it into a syrup, boil it candy high, and put in three quarters of a pound of Jordan almonds blanched ; keep them stirring all the while, till they are dry, then crisp them, put them in a box, and keep them dry.

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To

*To make chocolate almonds.*

Take a pound of chocolate, finely grated, and a pound and half of the best sugar, finely sifted; soak gum dragon in orange-flower water, and work them into what form you please; the paste must be stiff; dry them in a stove.

You may write devices on paper, roll them up, and put them in the middle.

*To make little things of sugar, with devices in them.*

Take gum dragon steeped in rose water, have some double-refined sugar seered, and make it up into paste; some of your pastes you may colour, with powders and juices, what colour you please, and make them up in what shapes you like; colours by themselves or with white, or white without the colours; in the middle of them have little pieces of paper, with some pretty smart sentences wrote on them; they will in company make much mirth.

To

*To make white loaves.*

Take double-refined sugar, a little musk, and ambergrease; wet them with the white of an egg, beaten to a froth to the thickness of a paste; when beaten and tempered well together with a wooden spoon, take as much as a filberd, made up round and cut round the middle like a loaf; put them in the oven upon papers, taking care the oven is not too hot, for they must be perfectly white, only a little coloured at the bottom of the sugar; the longer they are beaten with the back of the spoon the better.

*To make sugar of roses, and in all sorts of figures.*

Clip off the white from the red bud, and dry it in the sun; to one ounce of that, finely powdered, take one pound of loaf sugar; wet the sugar in rose water, (but, if in season, take the juice of roses) boil it to a candy height, put in your powder of roses, and the juice of a lemon; mince all well together, put it on a pie plate, and cut it into lozenges, or make it into any figures you fancy, as

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men, women, or birds ; and if you want for ornaments in your desert, you may gild or colour them, as in the wormwood cakes.

*To preserve almonds dry.*

To a pound of jordan almonds, take half a pound of double-refined sugar ; blanch one half of the almonds, and leave the other half unblanched ; beat the white of an egg very well, pour it on your almonds, and wet them well with it ; then boil your sugar again, dip in your almonds, stir them all together, that your sugar may hang well on them ; then put them on plates, place them in the oven after the bread is drawn ; let them stay in all night, and they will keep the year round.

*To make almond cakes or figures.*

Boil a pound of double-refined sugar to a thin candy ; blanch, with orange-flower water, half a pound of Jordan almonds ; add the juice of one lemon, and the peels of two, grated to the juice ; first boil your sugar and almonds together, keeping it stirring till the sugar is boiled to a proper height ; put in the

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lemon juice, stir it well together over a slow fire, taking care it does not boil after the juice is in ; make this into cakes, or what form or shape you please, and either gilt or plain.

*To make march pans.*

Blanch and beat a pound of almonds with rose or orange-flower water, and, when they are firmly beaten, put in half a pound of double-refined sugar beat and seered ; work it to a paste, spread some on wafers, and dry it in the oven ; when it is cold, have ready a white of an egg beaten, with rose water and double refined sugar ; let it be as thick as butter, and draw your march pan through it and put it in the oven ; it will ice in a little time, and keep for use.

If you have a mind to have your march pan large, cut it, when it is rolled out, by a gutter plate, and edge it about like a tart ; wafer the bottom, and see as aforesaid when the ice is rising ; you may colour, gild, or strew them with comfits, and form them in what shape you please.

*To*

*To dry cherries.*

Stone your cherries, and weigh them to eight pounds; put two pounds of sugar, boil it till it blows very strong, put the cherries to the sugar, and heat them by degrees till the sugar is melted, for when the cherries come in it will so cool the sugar that it will seem like glue, and should you put it in a quick fire at first it will endanger the burning; when you find the sugar is all melted, then boil it as quick as possible till the sugar flies all over them; scum and set them by in an earthen pan, for where the sugar is so thin it will be apt to canker in copper, brass, or silver; the next day drain them, and boil the sugar till it rises; put in your cherries, give them a boil, scum them and set them by till the next day; then drain and lay them out on sieves, and dry them in a very hot stove.

*To preserve cherries liquid.*

Take the best Morello cherries when ripe, either stone them or clip their stalks off; to every pound take a pound of sugar, boil it

it till it blows very strong ; then put in the cherries, and by degrees bring them to boil as fast as you can, that the sugar may come all over them ; scum them and set them by, and the next day boil some more sugar to the same degree ; put some jelly of currants, drawn as hereafter directed ; for example ; if you boil one pound of sugar, take one pint of jelly of currants, put in the cherries and the syrup to the sugar, then add the jelly, and give all a boil together ; scum them, and fill your glasses or pots, taking care, as they cool, to disperse them equally, or otherwise they will swim all to the top.

*To draw jelly of currants.*

Wash well your currants, put them into a pan, and mash them ; then put in a little water, boil them to a mummy, strew it on a sieve, and press out all the juice, of which you make your jelly.

*Note :* Where white currant jelly is prescribed, it is to be drawn after the same manner, observing to strain it first.

*To make cherry paste.*

Take two pounds of Morello cherries, stone them, press out the juice, dry them in a pan, and mash them over a fire; then weigh them, and take their weight in sugar beaten very fine, heat them over a fire till the sugar is well mixed, then dress them on plates or glasses; dust them when cold, and put them into a stove to dry.

*Mrs. Smith's way of preserving cherries in jelly.*

Take green gooseberries, slice them on the side, that part of the liquor may run out, put them into pots, and put into the pots two or three spoonfuls of water; stop the pots very close, and put them in a skillet of water over the fire, till the gooseberries have made a liquor as clear as water; half a pound of gooseberries will make this liquor; take a pound of cherries stoned, one pound of double-refined sugar beaten small; strew some at the bottom of your silver bason, and then a layer of cherries, and cover them over with sugar; keep some to throw over them

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as they boil, put to the cherries five or six spoonfuls of gooseberry liquor, set them over the fire, and boil them very softly at first, till your sugar is melted, and afterwards as fast as you can; scum it very well and carefully; when your liquor is jelly'd, it will stick upon your spoon, and then put it up; they do best half a pound at a time.

*To preserve cherries the French way.*

Take Morello cherries, hang them by their stalks one by one, where the Sun may come to dry them, and no dust can get to them; this must be in autumn; cut the stalks as for preserving, place them one by one in your glasses, scrapec so much sugar as will cover them, then fill them up with white wine, set them in a stove to swell, and then use them.

*To preserve cherries a cheap way.*

Take six pounds of cherries, and stone them; put half a pound of the best powdered sugar, boil them in a little copper, or other vessel, as most convenient; when you think they are enough, lay them one by one

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on the back side of a sieve, set them to dry in an oven that hath baked things, and when dry, put them in a stove to keep them so.

If any liquor be left, do more cherries as above; they will keep well coloured all the year.

*Mrs. Smith's way to candy cherries.*

Take cherries before they are ripe, stone them, and pour clarified sugar boiled upon them.

*To candy apricots, pears, plumbs, &c.*

Cut your fruit in half, put sugar upon them, bake them in a gentle oven close stopped up, let them stand half an hour, and lay them, one by one, on glafs plates to dry.

*To preserve gooseberries green.*

Take the longest sort of gooseberries the latter end of May, or beginning of June, before the green colour has left them; set some water over the fire, and, when it is ready to boil, throw in the gooseberries; let them

them have a scald, then take them out, and carefully remove them into cold water; set them over a very slow fire to green, cover them close that none of the steam can get out, and when they have obtained their green colour, which will perhaps be four or five hours, drain them gently into clarified sugar, and give them a heat; set them by till next day, and give them another heat; this you must repeat four or five times, in order to bring them to a very good green colour; thus you may serve them to table by way of compote; if you will preserve them to keep either dry or in jelly, you must follow the directions as for green apricots before-mentioned.

*To preserve gooseberries white.*

Take the large Dutch gooseberries when full grown, but before they are quite ripe, pare them into fair water, stone them, put them into boiling water, and let them boil very tender; then put them into clarified sugar in an earthen pan, and put as many in one pan as will cover the bottom, and set them by till next day; then boil the syrup a little, and pour it on them; the day after boil

it smooth, and pour it on them; the third day give them a gentle boil round, by setting the side of the pan over the fire, and turning it about as it boils, till they have had a boil all over; the day following make a jelly with codlins, and finish them as you do the others.

*To dry gooseberries.*

To every pound of gooseberries, when stoned, put two pounds of sugar, but boil the sugar till it blows very strong, then strew in the gooseberries and give them a gentle boil, till the sugar comes all over them; let them settle a quarter of an hour, give them another good boil, scum them and set them by till the next day; then drain and lay them out on sieves to dry, dusting them very much; put them before a brisk fire in the stove, and when dry on one side, turn and dust them on the other; when quite dry, put them into your box.

*Gooseberry paste.*

Take the gooseberries when full grown, wash them and put them into your preserving pan,

pan, with as much spring water as will cover them; boil them all to a mummy, and strew them on a hair sieve over an earthen pot or pan; then press out all the juice; to every pound of paste, take one pound two ounces of sugar, boil it till it cracks, take it from the fire, put in the paste, and mix it well over a slow fire till the sugar is incorporated with the paste, then scum it and fill your paste-pots; give them another scum, and when cold, put them into the stove; when crusted on the top, turn them and set them in the stove again; when a little dry, cut them in long pieces, set them to be quite dry, and, when so crusted that they will bear touching, turn them on sieves, dry the other side, and then put them into your box.

*Note:* You may make them red or green, by putting the colour when the sugar and paste is well mixed, giving it a warm altogether.

#### Gooseberry clear cakes.

Gooseberry clear cakes are made after the same manner as the paste, with this difference

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ence only, that you strain the jelly through the bag before you weigh it for use.

*To dry currants in bunches.*

Stone your currants and tie them up in bunches; to every pound of currants boil two pounds of sugar, till it blows very strong; dip in the currants, let them boil very fast till the sugar flies all over them, let them settle a quarter of an hour, and boil them again till the sugar rises almost to the top of the pan; let them settle, scum them and set them by till next day; then drain them and lay them out, taking care to spread the sprigs that they may not dry clogged together; dust them very much and dry them in a hot stove.

*To preserve currants in jelly.*

Stone your currants, clip off the black tops, and clip them from the stalks; to every pound boil two pounds of sugar, till it blows very strong; slip in the currants, give them a quick boil, take them from the fire and let them settle a little; then give them another boil, and put in a pint of currant jelly,

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jelly, drawn as directed before, till you see the jelly will flake from the scummer ; then remove it from the fire, let it settle a little, scum them and put them into your glasses, and as they cool take care to disperse them equally.

### *To ice currants.*

Take fair currants in bunches, and have ready the white of an egg, well beaten to froth, dip them in, lay them abroad, sift double-refined sugar pretty thick over them, and let them dry in a stove or oven.

### *Currant paste.*

Wash well your currants, put them into your preserving-pan, bruise them, and with a little water boil them to a pulp ; then press out the juice, and to every pound take twenty ounces of loaf sugar, boil it to crack, take it from the fire, and put in the paste ; then heat it over the fire, take off the scum, put it into your paste-pots, or glasses, then dry and manage them as other pastes.

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*To preserve barberries.*

Take a pound of barberries picked from the stalks, put them into two quart pans, set them in a brass pot full of hot water, to stew them; after this, strain them, add a pound of sugar, and a pint of rose water, boil them together a little, take half a pound of the best clusters of barberries you can get, dip them into the syrup while it is boiling, take out the barberries, and let the syrup boil till it is thick; when they are cold, put them into glasses or gallypots with the syrup.

*To dry barberries.*

Stone the barberries, and use them in bunches; weigh them, and to every pound of berries clarify two pounds of sugar, make the syrup with half a pint of water to a pound of sugar, put your barberries into the syrup when it is scalding hot, let them boil a little, and set them by with a paper close to them; the next day make them scalding hot, repeat this two days, but do not boil it after

after the first time, and when they are cold lay them on earthen plates, strew sugar well over them, the next day turn them on a sieve, and sift them again with sugar; turn them daily till they are dry, taking care your stove is not too hot.

*To preserve or dry Samphire.*

Take it in bunches as it grows, put on the fire a large deep stew-pan filled with water; when it boils throw in a little salt, put in your Samphire, and when you see it look of a fine beautiful green, take off the pan directly, and with a fork take up the Samphire, lay it on sieves to drain, and when cold, either preserve it, or dry it as the berries; if you frost them they will be very pretty.

*How to preserve raspberries liquid.*

Take the largest and fairest raspberries you can get, and to every pound of raspberries take one pound and a half of sugar, clarify it, and boil it till it blows very strong, then put in the raspberries, let them boil as fast as possible, strewing a little fine beaten sugar

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on them as they boil ; when they have had a good boil, that the sugar rises all over them, take them from the fire, let them settle a little, and give them another boil ; to every pound of raspberries put half a pint of currant jelly, let them have a good boil, till you see the syrup hang in flakes from your scummer ; then remove them from the fire, take off the scum, and put them into your glasses or pots.

*Note* : Take care to remove what scum there may be on the top ; when cold, make a little jelly of currants and fill up the glasses ; cover them with paper, first wet in fair water and dried between two cloths, which paper you must put close to the jelly, then wipe clean your glasses, and cover the tops of them with other paper.

### *Raspberry cakes.*

Pick all the grubs and spotted raspberries away, then bruise the rest and put them on a hair sieve over an earthen pan, put on them a board and weight to press out all the water you can, then put the paste into your preserving-

ferving-pan, and dry it over the fire, till you perceive no moisture left in it, stirring it all the time it is on the fire to keep it from burning ; weigh it, and to every pound take one pound and two ounces of sugar, beat to a fine powder, and put it in by degrees ; when all is in, put it on the fire and incorporate them well together ; take them from the fire, scrape all to one side of the pan, let it cool a very little, then put it into your moulds ; when quite cold, put them into your stove without dusting them, and dry it as all sorts of paste.

*Note* : You must take particular care that your paste doth not boil after your sugar is in, for if it does it will grow greasy.

*Rasberry clear cakes.*

Take two quarts of ripe gooseberries, or white currants, and one quart of red raspberries ; put them into a stone jug, and stop them close ; put it into a pot of cold water, as much as will cover the neck of the jug, then boil them in that water till it comes to a paste, then turn them out in a hair

sieve placed over a pan, press out all the jelly, and strain it through the jelly bag; take twenty ounces of double-refined sugar, and boil it till it will crack in the water; take it from the fire, put in your jelly, and stir it over a slow fire till all the sugar is melted; give it a good heat till all is incorporated, take it from the fire, scum it well, and fill your cake glasses; take off what scum is on them and put them into the stove to dry, observing the method directed before for clear cakes.

*Note:* In filling out your clear cakes, and clear pastes, you must be as expeditious as possible, for if it cools it will be a jelly before you can get it into them.

White raspberry clear cakes are made after the same manner, only mixing white raspberries with the gooseberries in the infusion.

#### *Raspberry clear cakes,*

Take two quarts of gooseberries and two quarts of red raspberries, put them in a pan with about a pint and half of water, boil them

them over a quick fire to a mummy, throw them upon an earthen pan, press out all the juice, then take that juice and boil it in another quart of raspberries; then throw them on a sieve, and rub all through the sieve that you can; then put in the seeds, and weigh the paste; to every pound, take twenty ounces of fine loaf sugar boiled; when clarified till it cracks, remove it from the fire, put in your paste, mix it well, and set it over a slow fire, stirring it till all the sugar is melted, and you find it is become a jelly; take it from the fire, and fill your pots and glasses whilst very hot; scum them, and put them into the stove, observing when cold to dry them as pastes before.

*Raspberry biscuits.*

Press out the juice and dry the paste a little over the fire, then rub all the pulp thro' a sieve, and weigh them; to every pound take eighteen ounces of sugar sifted very fine, and the whites of four eggs; put all in the pan together, and with a whisk beat it till it is very stiff, so that you may lay it in pretty high drops, and when it is so beaten, drop it in what form you please on the back sides of

of cards, paper being too thin ; if it be difficult to get them off, dust them a little with a very fine sugar, and put them into a very warm stove to dry, and when they are dry enough they will come easily from the cards ; but whilst soft they will not stir ; then take and turn them on a sieve, let them remain a day or two in the stove, then pack them up in your box, and they will, in a dry place, keep all the year without shifting them.

*Rasberry jam.*

Press out the water from the rasberries, and to every pound of rasberries take one pound of sugar ; first dry the rasberries in a pan over the fire, but keep them stirring lest they burn ; put in your sugar, incorporate them well together, and fill your glasses or pots, covering them with thin white paper close to the jam, whilst it is hot, and when cold tie them over with other paper.

*How to make a jam of cherries.*

Take six pounds of cherries, stone them into four pounds of loaf sugar, and let them stand till the sugar is dissolved ; then set them on

on the fire to boil very fast; when you find them stiff, shake in half a pound of sugar more, let it boil till it comes clear from the bottom of your preserving-pan, and then it is enough.

*How to keep fruit for tarts all the year.*

Take your fruit when it is fit to pot, and strew some sugar at the bottom of the pot, then fruit, and then sugar; so on till the pot is full; cover them with sugar, tie a bladder over the pot, then leather, and keep it in a dry place.

*To keep grapes, gooseberries, apricots, peaches, nectarins, cherries, currants, and plumbs, the whole year.*

Take fine dry sand, that has little or no saltiness in it, and make it as dry as possible with often turning it in the sun; gather your fruits when they are just ripening, or coming near ripe, and dip the ends of the stalks in melted pitch or bees wax; and having a large box with a close lid, dry your fruit a little in the sun to take away the superfluous moisture, and lightly spread a layer

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of sand at the bottom of the box, and a layer of fruit on it, but not too near each other ; then scatter sand very even about an inch thick over them, and so another layer till the box is full ; then shut the lid down close, that the air may not penetrate ; and whenever you take out any thing, be sure to mind the placing them even again ; so you will have them fit for tarts, or other uses, till the next season ; if they are a little wrinkled, wash them in warm water and they will plump up again : you may use millet instead of sand, if you think it more convenient.

*To keep cherries dry.*

Have ready a new stone jar, very clean and dry, with a mouth just wide enough to put your hand in ; gather your fruit when full ripe and quite sound, and with great care lay your cherries in, with their stalks on ; have a bung to stop it close, rozin the top all over, tie a string round it, and if you have a well, hang it so down as it may not come near the water, or touch the side of the well, and the well must be close covered ; if you have not that conveniency, bury

bury it at least three or four foot deep in the earth.

*To keep figs and stone fruit sound and fit for use all the year.*

Take a large earthen pot, put the fruit into it in layer their own leaves being between them ; then boil water and honey, scumming it till no more will rise, make it not too thick of the honey, and pour it warm on them ; stop up the vessel close, and when you take them out for use, put them two hours in warm water, and they will have in a great measure their natural taste.

*To keep strawberries, raspberries, currants, gooseberries, mulberries, and damsons.*

Take new stone bottles, air them well in the Sun or by the fire, to take away the superfluous moisture and prevent its sweating ; take off the stalks and put them into the empty bottles, by a fire, that may draw out as much of the air as may be ; then suddenly cork them up, and tie down the corks with wires ; let the corks be sound and not visibly porous, for if they be the air will come in

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abundantly and corrupt the fruit; then in a moderate cool place cover the bottles with sand, laying them sideways, and the close-ness will preserve them.

*To keep grapes on the tree, or when pulled off the tree.*

When they are come to their full growth, before they are quite ripe, make, for every bunch of grapes a bag of white paper, well oiled, close the top, that no rain can get into the bag, and they will keep good till after Christmas; or if you pull them when just ripe, and dip their stalks in melted pitch or wax, and hang them in strings across a room, so that they do not touch one another: pears will keep the same way all the year.

*To keep wallnuts, or filberds, all the year.*

Gather them when they are ripe, with the green husks on, bury them in dry sand, and mix the filberts with them.

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## *How to keep all sorts of flowers.*

Gather them on a very fine clear day, at twelve o'clock; have ready a box and a little writing sand, place a layer of sand, then a layer of flowers, and so on, alternately, till the box is full; close the box, that no air can get in.

To green leaves.

Take little leaves of a pear-tree, keep them close stopped in a pale of verjuice and water, and give them a boil in some syrup of apricots; lay them between two glasses to dry, smooth and cut them in shape of apricot leaves, for little apricot leaves are so tender that they will not endure greening; be sure they be got with stalks, and stick them in the apricots; close up the apricots as plump and natural as you can.

*A grand trifle.*

Take a very large china dish or glass, that is deep, first make some very fine rich calves-foot jelly, with which fill the dish about

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half the depth; when it begins to jelly, have ready some Naples biscuits, macaroons, and the little cakes called matrimony; take an equal quantity of these cakes, break them in pieces, and stick them in the jelly before it be stiff, all over very thick; pour over that a quart of very thick sweet cream, then lay all round, currant jelly, raspberry jam, and some calves-foot jelly, all cut in little pieces, with which garnish your dish thick all round, intermixing them and on them lay macaroons, and the little cakes, being first dipped in sack.

Then take two quarts of the thickest cream you can get, sweeten it with double-refined sugar, grate into it the rind of three fine large lemons, and whisk it up with a whisk; take off the froth as it rises, and lay it in your dish as high as you can possibly raise it; this is fit to go to the King's table, if well made, and very excellent when it comes to be all mixed together.

*Calves-foot jelly for the above dish.*

Take four calve's feet, set them on the fire in a saucepan, or pot, that holds two gal-

gallons of water ; let them boil fast till they are boiled to pieces, or two parts wasted, or till this jelly, by taking a little out, be as stiff as glue ; then strain it through a sieve, when cold take off the fat at top ; then take two quarts of this jelly, one quart of mountain wine, the juice of six very large lemons, half a pound of double-refined sugar, and the whites of six eggs, first beat to a froth ; mix all together, let it boil, then run it through a jelly-bag into a bowl, on a good quantity of lemon peel ; then throw what quantity you want into your dish, pour the rest into a dish, so that you may cut it out when cold to garnish your trifle with.

*The floating island.*

Take a quart of very thick cream, sweeten it with fine sugar, grate in the peel of two lemons, and half a pint of sweet white wine ; then whisk it well, till you have raised all the froth you can, pour a pint or quart of thick cream into a china dish, according to the depth of your dish ; take two French rolls, slice them thin, and lay them over the cream as light as you can ; then a layer of fine clear calves-foot jelly, or

or hartshorn jelly ; then roll them over the currant jelly, then put the French rolls, and whip up your cream, lay it on as high as you can, and what remains pour into the bottom of the dish ; garnish the rim of your dish with different sorts of sweetmeats, jellies, and ratafia cakes ; this looks very ornamental in the middle of the table.

*Calves-foot jelly.*

Take a set of calves-feet, take the long bone out, split the foot, and take out the fat ; boil these in six quarts of water, with half a pound of hartshorn, till it be jelly, which you may know by cooling a little in a plate, then strain it off, and scum the fat off ; beat the whites of twelve eggs, add as much sugar as will sweeten it, the juice of six lemons, some mace, a little orange-flower water, and a pint of white wine ; stir this all together over a stove till it boils ; it must not be too sweet, nor too sharp ; strain it through a jelly-bag, and let it run on lemon peels to give it a colour.

*Harts-*

*Hartshorn jelly.*

Take half a pound of hartshorn shavings, an ounce of ising-glass ; cut the ising-glass to pieces, and put it and the shavings to five pints of spring water ; boil it to less than a quart, over a gentle fire ; strain it, and let it stand all night to settle ; melt the jelly, squeeze in two large lemons and a half, the whites of seven eggs, half a pint of white mountain wine, and sweeten it to your taste with double-refined sugar ; then put all these ingredients upon the fire, stir it pretty much till it boils, but boil it very little ; stir it well together, scum it through a jelly-bag, but let it not run very fast, if it does, put it in again ; put lemon peel into the glasses ; this quantity will make a dozen and a half of glasses.

*Note* : When they are made for the sick, only sweeten them, and tincture them with saffron.

*Jelly*

*Jelly of apples.*

Pare the softer sort of pleasant tasted apples, slice them very thin, take out the cores and seeds, boil a pound of them in a quart of water till a fourth part be consumed; strain it well, and to every pint and half put three quarters of a pound of sugar, with a little mace or cinnamon, and boil it up to a thickness, adding a quarter of a pound of ising-glaſs; then strain it again and put it up for use.

*Currant jelly.*

Strip off the currants, put them into a jug, set the jug in a kettle of water, let it boil an hour, then throw your currants and juice into a fine lawn sieve, press out all the juice, and to every pint of juice put a pound of double-refined sugar; put them in your preserving-pan, set it over a charcoal fire, and keep it stirring till it is a jelly, which you will know by taking a little out to cool; observe to take off the scum as it rises, and when it is jelly'd and very clear, pour it into glaſſes; when cold, cut round pieces of paper

paper that will just cover the jelly, dip'd in brandy; put white paper over the glasses, twisted round the top, and prick the paper full of holes with a pin.

*Black currant jelly.*

Make it the same as the red currant jelly, only with this difference, make it with the the coarsest lump sugar.

*Note:* This jelly is never used in a desert, but is a very good thing for a sore throat.

*Rasberry jelly.*

Make it the same way as the red currant jelly, only put one half currants and one half rasberries.

*Everlasting syllabubs.*

Take three pints of the thickest and sweetest cream you can get, a pint of rhenish, half a pint of sack, three lemons, near a pound of double-refined sugar, beat

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and sift the sugar and put it to your cream, grate off the yellow rind of three lemons, put that in, and squeeze the juice of three lemons into your wine; put that to your cream, beat all together with a whisk just half an hour, then take it up all together with a spoon, and fill your glasses.

*A second sort of syllabubs.*

Take a quart of the thickest cream you can get, make it very sweet with double-refined sugar, finely beat; grate in the yellow rind of two large lemons; first fill your glasses one-third full of sack, or any white wine sweetened, a little juice of orange just to give it a pleasant tartness, then with a whisk beat it up very well to a froth, take the froth, and with a spoon put it in your glasses as high as you can fill them, so keep it whisking up as long as it will froth, and put it in your glasses; if your cream is thin, beat up the yolk of an egg.

*A mock syllabub.*

Take a pint of sack and a pint of red port, the juice of a large lemon and a Seville

ville orange; grate in the yellow rind of one of the lemons, and a little nutmeg; make it pretty sweet with fine sugar, take two quarts of new milk from the cow, make it blood warm, put it in a jug with a spout, hold it high, and pour it in as if milked from the cow; when it has stood five minutes, have ready a pint of good warm cream, and pour that all over in the same manner; it will be best to eat directly, but very good two or three hours after.

*A whim-wham.*

Take a pint of sack and half a pound of Naples biscuit, put them in a deep dish or bowl, and let them stand ten minutes; take a quart of cream, whisk it well, pour it over the wine and biscuit, and send it to table directly; it must be made just as you are going to use it.

You must mind to put in as much biscuit as will soak up the wine, and no more.

*Newcastle curd and cream.*

Take new milk, and put it in the bason you intend to go to table ; let it stand till it turns to curds, which may be one or two days after ; eat it with cream and sugar, and it is very fine. If your milk is good it will be two days turning.

*Runnet curd and cream.*

Take new milk and sweeten it, grate in nutmeg, and the yellow rind of a lemon ; put in runnet enough to turn it to curds, which, if covered, will be in about two hours ; then, if there is a quart, pour over it half a pint of thick cream, and send it to table.

*To make snow cream.*

Take a large deep dish, strew the bottom with fine sugar beat to powder ; then fill it with strawberries ; take some sprigs of rosemary, stick a large one in the middle, and several round about, to resemble a tree ; then take a quart of the thickest cream you can

can get, and the whites of eight or ten eggs; then whisk it up for half an hour, till you have made the froth very strong; let it stand ten minutes, and with a proper thing take off the froth, throw it over your tree, and cover your dish well with it; if you do it well, it makes a grand pile in a desert.

*Almond butter with milk.*

To a quarter of a pound of blanched almonds, very well beat, put some new milk and rose water; take a quart of thick cream, and the yolks of twelve eggs beat very well with a little of the cream; put the rest of the cream to them, then a quarter of a pint of new milk to the almonds, and strain it into the cream so often that there is no strength left; strain all together into a skillet, set it over a charcoal fire, and stir it till it comes to a tender curd; put it into a strainer, and hang it up till all the whey runs out; then take six ounces of fine sugar, well sifted, and a little rose water, and beat all into butter with a spoon.

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*Almond-butter jelly.*

Take a pound of almonds blanched, and beat fine seven yolks of eggs, and strain out the almonds ; then set a quart of cream, or more, on the fire, and when it boils up put in a little lemon peel, and the juice of a lemon ; put it in a cloth, let it hang a day or two, and put it into dishes.

*Orange butter.*

Take the juice of twelve oranges, the yolks of eighteen eggs, double-refined sugar sufficient to sweeten it to your taste, but not very sweet ; set it over a slow fire, stirring it all one way till it grows thick ; then put in as much butter as the bigness of a wallnut, and a little ambergrease, keep it smooth with stirring, when it is thick put it into little China dishes, being dipt in water first, that it may turn out the easier.

*Fairy butter.*

Take the yolks of two hard eggs, beat them in a marble mortar with a large spoonful

ful of orange-flower water, and two spoonfuls of fine sugar beat to powder ; beat all to a fine paste, add a like quantity of fresh butter just taken out of the churn, and force it through a fine strainer full of little holes into a plate.

*To make lech.*

Take a quart of cream, boil it, and in boiling put in some dissolved ising-glaſs, stir it till it is very thick, and take a handful of blanched almonds ; beat them very fine, stir them into the cream, and put into a dish ; when it is cold, slice them, and lay the slices on a silver or China dish.

*Junkets.*

Take a quart of new milk and a pint of cream ; put it warm together, with a spoonful of good runnet, and cover it with a cloth wrung out of cold water ; gather your curd, and put it in rushes till the whey is run out, and serve it either with or without cream.

*Lady*

*Lady Leicester's Spanish pap.*

Take a quart of cream, boil it with mace, then take half a pound of rice, sifted and beat as fine as flour, boil it with the cream to the thickness of a jelly ; sweeten it with sugar, and turn it into a shallow dish ; when cold, slice it, and you may eat it like flummery, with cold cream.

*Cream curd.*

Take a pint of cream, boil it with a little mace, cinnamon, and rose water, to make it sweet ; when it is as cold as new milk, put in about half a spoonful of good runnet, and when it curds, serve it up in a cream dish.

*To make lemon cream.*

Squeeze nine lemons upon a pound and half of double-refined sugar, fourteen or fifteen spoonfuls of fair water, and set it on the fire till the sugar is all melted ; put in the white of nine eggs, strain it, and set it on the fire again ; stir it all the while, till you see it begin to thicken ; then put in orange-flower

flower water, about four or five spoonfuls ; take it off the fire, and put it into your glasses ; you must cut some lemon peel in small strings and lay in the bottom, after being boiled tender ; this must be done over a charcoal fire.

*Orange cream.*

Do the same as the lemon above.

*A second sort of lemon cream.*

Take one pint of thick cream, set it on the fire, keep it stirring, let it simmer, sweeten it very sweet with double-refined sugar, keep it stirring till it is pretty cool, then put in the juice of half a lemon, with the peel squeezed in to give it a fine bitter ; keep it stirring till it is cold, then stir it up high to bring a froth in the dish ; this should be made early in the morning against dinner.

*To make clear lemon cream.*

Take a little hartshorn jelly, and put into it the peel of two lemons, taking care there

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is none of the white ; set it over the fire, let it boil, then take the whites of six eggs, and beat them well ; take the juice of four lemons, grate in the peel to the juice, let it soak a little while, and afterwards put the juice and eggs together ; put in such a quantity of double-refined sugar as will sweeten it to your taste ; let it boil very fast almost a quarter of an hour, then strain it through a jelly-bag, and as it runs through put it in again, till it is quite clear ; after which take the peels of the lemons boiled in it, and cut them into each glass ; stir it till it is half cold and put it into the glasses.

*To make yellow lemon cream.*

Grate off the peel of four lemons, squeeze the juice to it, and let it steep four or five hours, strain it, and put to it the whites of eight eggs, and the yolks of two well beaten and strained ; add thereto a pound of double-refined sugar, a quarter of a pint of rose water, and a pint of spring water ; stir all these well together, and set it on a quick fire, but let it not boil, and when it creams it is enough.

*To make Spanish cream.*

Take three spoonfuls of flour of rice seered very fine; the yolks of three eggs, three spoonfuls of fair water, two spoonfuls of orange-flower water, and mix them well together, then put to it one pint of cream, set it on a good fire, keeping it stirring till it is of a proper thickness, and then pour it into your cups.

*To make loaf-sugar cream.*

Take a pint of jelly of hartshorn, put in a little ising-glaſs, make it thick with almonds or cream, which you please; sweeten it very well, and put it into tin pots; let it stand till cold, and when you use it, dip the pan in warm water, and take it out whole.

*Imperial cream.*

Take a quart of water, six ounces of hartshorn, put into a stone bottle, close and tied down, fill not the bottle too full, and set it in a pot of boiling water, or in an oven to bake; let it stand three or four hours, strain

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it through a jelly-bag, and let it cool, having ready six ounces of almonds beat very fine; put into it just so much cream as jelly, mix them together, then strain the almonds and cream, and set all together over the fire till it be scalding hot; strain it into narrow-bottom glasses, let them stand a whole day, and turn them out; stick them all over with blanched almonds, or pine-apple seeds laid in water a day before you peel them, and they will come out like a flower; then stick them on the cream.

*Almond cream.*

Take almonds blanched in cold water, beat them fine with rose water and amber-grease steeped in them, take the yolks of six eggs, beat your cream, being boiled with mace; put in your almonds, and when well mingled, put in your eggs, taking care that they only simmer; when it is thick take it off; your cream must be an ale pint, half a pound of almonds, and six whites of eggs; garnish with gilded almonds and dried citron,

*Another of the same.*

Boil a pint of cream, beat an handful of almonds very fine with rose water ; take the cream off the fire and put it to the almonds, stir them together and strain it, and season it with rose water and sugar, let it boil fast till it is thick, and serv'e it up.

*Pistachia cream.*

Peel your pistachias, beat them very fine, boil them in cream ; if it is not green enough add a little juice of spinnage, thicken it with eggs, sweeten it to your palate, pour it into basons, and set it by till it is quite cold.

*Cold cream.*

Take a pint of sack or thenish wine, and a good deal of fine sugar ; beat fine a quart of good cream, and a lemon cut round, a little nutmeg and cinnamon, and a sprig of rosemary ; pour them all together, let them stand a while, and beat them up with a rod till they rise ; take it off with a spoon as it rises, and

it through a jelly-bag, and let it cool, having ready six ounces of almonds beat very fine ; put into it just so much cream as jelly, mix them together, then strain the almonds and cream, and set all together over the fire till it be scalding hot ; strain it into narrow-bottom glasses, let them stand a whole day, and turn them out ; stick them all over with blanched almonds, or pine-apple seeds laid in water a day before you peel them, and they will come out like a flower ; then stick them on the cream.

*Almond cream.*

Take almonds blanched in cold water, beat them fine with rose water and amber-grease steeped in them, take the yolks of six eggs, beat your cream, being boiled with mace ; put in your almonds, and when well mingled, put in your eggs, taking care that they only simmer ; when it is thick take it off ; your cream must be an ale pint, half a pound of almonds, and six whites of eggs ; garnish with gilded almonds and dried citron,

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*Another of the same.*

Boil a pint of cream, beat an handful of almonds very fine with rose water ; take the cream off the fire and put it to the almonds, stir them together and strain it, and season it with rose water and sugar, let it boil fast till it is thick, and serv'e it up.

*Pistachia cream.*

Peel your pistachias, beat them very fine, boil them in cream ; if it is not green enough add a little juice of spinnage, thicken it with eggs, sweeten it to your palate, pour it into basons, and set it by till it is quite cold.

*Cold cream.*

Take a pint of sack or thenish wine, and a good deal of fine sugar ; beat fine a quart of good cream, and a lemon cut round, a little nutmeg and cinnamon, and a sprig of rosemary ; pour them all together, let them stand awhile, and beat them up with a rod till they rise ; take it off with a spoon as it rises, and

and lay it in a pot or glaſſ, and then ſerve it up.

*Codlin cream.*

Take twenty fair codlins, core them, beat them in a mortar with a pint of cream, strain it into a dish, and put into it ſome brown bread crumbs, with a little ſack, and dish it up; ſo you may order gooseberries.

*How to make raspberry cream.*

Take the whites of ſeven eggs, and ſeven ſpoonfuls of raspberry mash; put them both in an earthen pan, and beat it well with a ſpoon till it comes to a cream, or you think it looks white enough, then fill your glaſſes; this quantity will make about a dozen.

*How to make chocolate cream.*

Take a quart of cream, a pint of white wine, and a little juice of lemon; ſweeten it very well, lay in a ſprig of roſemary, grate ſome chocolate, and mix all together; ſtir them over the fire till it is thick, and pour it into your cups.

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*Almond cream.*

Blanch almonds, bruise them small in a mortar, and strain them through a strainer with fair water; strain them again with thick milk, and with a quarter of a pound of sugar; put them into a pot, add a little salt, and set it over the fire; stir it well that it burn not to the pot; when it is boiled take it from the fire, cast a ladle of fair water into it, cover it with a dish, and let it stand; afterwards take a clean cloth of an ell long, let it be held strait and cast the cream upon it with a ladle, draw from under the cloth the water from the cream, pin the four corners together, and hang it up again.

*Steeple cream.*

Take five ounces of hartshorn and two ounces of honey, put them into a stone bottle, and fill it up to the neck with fair water; put in a small quantity of gum arabic, and gum dragon; then tie up the bottle very close, set it into a pot of water with hay at the bottom, let it stand six hours; then take it out, let it stand an hour before you open

open it, then strain it and it will be a strong jelly; take a pound of blanched almonds, beat them fine, and mix them with a pint of thick cream; let it stand a little, strain it, mix it with a pound of jelly, and set it over the fire till it is scalding hot; sweeten it to your taste with double refined sugar, take it off, put in a little amber, and pour it into small high gallypots, like a sugar loaf at top; when it is cold pour them out, and lay cold whipt cream about them in heaps, taking care it does not boil when the cream is in.

*Sweetmeat cream.*

Take some good cream, and slice some preserved peaches into it, apricots, or plumbs, sweeten the cream with fine sugar, or with the syrup the first was preserved in; mix all well together, and put it into your basons.

*Stone cream.*

Take a pint and a half of thick cream, boil in it a blade of mace and a stick of cinnamon, with six spoonfuls of orange-flower water;

water ; sweeten it to your taste, and boil it till thick ; pour it out, and keep it stirring till almost cold, then put in a small spoonful of runnet, and put it in your cups or glasses ; make it three or four hours before you use it.

*Clouted cream.*

Take a great quantity of new milk from the cow, scald it in a kettle on a charcoal fire, stirring it, and when it is just ready to boil, take it off and stir it a little ; then lade it into a milk-pan, and let it stand at least twenty-four hours ; then divide the cream with a knife, as it stands upon the pan, and take it off with a skimmer, that the thin milk may run away ; then lay it into dishes, one piece upon another, till your dish be as full as you please to have it ; keep it twenty-four hours before you spread it.

*Blanched cream.*

Take a quart of the thickest cream you can get, sweeten it with fine-sugar and orange-flower water ; then boil it, and beat the whites of twenty eggs with a little cold

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cream, take out the treads, and when the cream is on the fire and boils, pour in your eggs, stirring it very well till it comes to a thick curd; then take it up, and pass it through a hair sieve; beat it well with a spoon till it is cold, and then put it in your dishes.

*Almond custard.*

Take half a pound of sweet Jordan almonds, and three bitter almonds; blanch and beat them very fine with orange-flower water, and the yolks of six eggs well beat and strained, with a quart of sweet cream; mix all together, and sweeten it to your palate; set it over a slow fire, and keep it stirring one way till it be thick, then pour it into your cups, and if you would have it richly perfumed, put in a grain of amber-grease.

*Orange custard.*

Take the juice of ten oranges, strain and sweeten them to your taste, dissolve your sugar in the juice over the fire; when cold, take six and twenty yolks of eggs, beat them well,

well, and mingle them with a quart of cream; put the juice of ten oranges more in, and strain all together, keeping them stirring all the time they are over the fire, one way, for fear of curding; when it is of a good thickness pour it into your cups.

*Plain custard.*

Take a quart of cream or new milk, a stick of cinnamon, four laurel leaves, and some large mace; boil them all together, and take twelve eggs, beat them well together, sweeten them, and put them in your pan; bake them, or boil them, keeping them stirring all one way, till they are of a proper thickness.

You should boil your spice and leaves first, and when the milk is cold, mix your eggs and boil it: you may leave out the spice, and only use the laurel leaves, or, in the room of that, four or five bitter almonds.

*A second sort.*

Take a quart of new milk, the yolks of six eggs, beat fine and strained, and half a small

small nutmeg grated; sweeten all to your palate, and either bake or boil them.

*A third sort.*

Boil a quart of cream, then sweeten it with fine powder sugar, and beat up the yolks of eight eggs, with two spoonfuls of orange-flower water; stir all together, strain it through a sieve, set them on the fire, and keep them stirring all one way till they are of a proper thickness; then pour them into your cups, and put them soon after in a stew-pan, put in as much water as will rise half up the cups, set the stew-pan over a charcoal fire, and let it simmer so as to have them of a proper thickness.

*A cream posset.*

Take twelve eggs, leave out two or three whites, take out all the treads, and beat them very well into the bason you make your posset in; add half a pound of sugar, a pint of sack, and a nutmeg grated; stir it and set it on a chafing-dish of coals till it is more than blood warm; take a quart of sweet cream, when it boils pour it into a bason,

bason, cover it with a warm plate and a cloth, then set it on a chafing-dish of embers till it be as thick as you would have it, and strew on some fine cinnamon.

*Orange leaves.*

Scrape your Seville oranges, and cut off a piece of the top ; take out all the meat, and as much of the white as you can without breaking ; boil them in water till they are tender, shifting the water frequently and placing hot water in its room ; let them stand in that syrup all night, take them out and fill them with a thick custard before it is baked ; put on the lids and bake them, and when they are cold send them to the table.

*Almond flummery.*

Take three ounces of hartshorn, put it to boil in two quarts of spring water ; let it simmer over the fire six or seven hours, till half the water is consumed ; or else put it in a jug, and set it in the oven with household bread ; then strain it through a sieve, and beat half a pound of almonds very fine, with

with a quantity of orange-flower water ; when they are beat, mix a little of your jelly with it, and some fine sugar ; strain it with the rest of the jelly, stirring it till it is a little more than blood warm ; then pour it into your basons or cups, and when you use them stick in almonds cut small.

*Ising-glass flummery.*

Take six ounces of ising-glaſs, put it in a quart of new milk, sweeten it, ſet it over the fire, and keep it stirring one way all the time, till it is jelly'd ; pour it into your baſons, and when cold turn it out ; you may put in orange-flower water, just as you like it.

*Oatmeal flummery.*

Take oatmeal, ſteep it in pure clean water till it turns four, ſtir it every day, strain it, and then put it in a kettle over the fire ; keep stirring it with a wooden ſtick one way all the time, till it is as thick as a hafthy-pudding ; then pour it into your baſons, and when cold turn it out ; you may eat it with milk, ale, or wine, ſweetened.

*Bloom-*

*Bloomage.*

Take clear hartshorn and calves-foot jelly, make it pretty sweet, put in a little orange-flower water, a little rose water, a little white wine, and the juice of an orange; put in as much of all the ingredients as will make it palatable, blanch some sweet almonds and pound them in a mortar with the orange-flower and rose water, as much as will turn the bloomage white, and strain it well; stir all together till you find it jelly, which you will know by taking a little out in a spoon; pour it into what thing you please to shape it in, and when cold turn it out and stick it with almonds; if it sticks, dip your basin or glasses in hot water.

*To make cheesecakes.*

Take a gallon of new milk, set it as for a cheese, and gently whey it; then break it into a mortar, put to it the yolks of six eggs, and four of the whites; sweeten it to your taste, put in a nutmeg, some rose water, and sack; mix these together, set over the fire a quart of cream, and make it into a hasty-pud-

pudding ; mix all together very well, and fill your pattipans just as they are going into the oven, which must be ready immediately to receive them ; when they rise well up, they are enough ; make your paste ; take about a pound of flour and strew three spoonfuls of loaf sugar into it, beat and sifted ; rub in a pound of butter, one egg, and a spoonful of rose water, the rest cold fair water ; make it into a paste, roll it very thin, put it into your pans, and fill them almost full.

*Potato or lemon cheescakes.*

Take six ounces of potatoes, four ounces of lemon peel, four ounces of sugar, and four ounces of butter ; boil the lemon peel till tender, pare and scrape the potatoes, boil them tender and bruise them ; beat the lemon peel with the sugar, then beat them all together very well, and let it lie till cold ; put crust in your pattipans and fill them a little more than half ; bake them in a quick oven half an hour, and sift some double-refined sugar on them as they go in ; this quantity will make a dozen small pattipans.

*Mrs.*

*Mrs. Harrison's cheese-cakes.*

For the paste use a quart of fine flower or more, a pound of butter rubbed into the flower, with a quarter of a pound of sugar beat fine, two spoonfuls of orange flower water; make it into paste and lay it in patti-pans for the curd, take the yolks of twelve eggs beat in a pint of very thick cream; when the cream boils up put in the eggs, then take it off and put it in a cloth over a cullender; whey some new milk with runnet for the other curd, when you temper them both together, take a pound of currants, three quarters of a pound of butter, half a pound of sugar, a quarter of an ounce of nutmegs, four spoonfuls of rose water, and bake them quick.

*Lady Leicester's cream cheese.*

Take a gallon and a half of stroakings, and put to it one quart of boiling milk, and one handful of marigold flowers, boiled in water and strained, then put in the runnet as the cheese comes; whey it gently down and put it in your vat and make your cheese,

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then turn it into a dry cloth into the vat, and put it into the pres; when there an hour, take it out and shift it into dry cloths, so do five or six times; about five o'clock take it out and salt it, and put it into a dry cloth twice a day for four or five days, then put it into nettles fresh twice a day, and keep it there two or three weeks, then eat it; this is a very good cheese.

*Cheese cakes.*

Take tender curds, two gallons of milk, a quart of cream, and force the curd through a canvass strainer; add to this half a pound of good butter, a pint of cream, the yolks of twelve eggs, and two whites, put nutmeg, rose water, and salt to your own taste; then mingle these well together, and add to this a pound of currants washed, plumped, and dried; mix them all together and put them into coffins, and bake them in an oven or hot stove.

*Cheese cakes.*

Take the curd of a gallon of milk, three quarters of a pound of fresh butter, two  
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grated biscuits, two ounces of blanch'd almonds pounded, with a little sack and orange flower water, half a pound of currants and seven eggs, some spice and sugar, beat them up in a little cream, till they are very light, and then make your cheese cakes.

*Orange cheese cakes.*

Take half a pound of Jordan almonds, beat them very fine, and put to them a little sack or orange flower water, lest they turn to oil; the yolks of eight eggs, and three whites, three quarters of a pound of melted butter, and the rinds of two Seville oranges, grated and well beaten; mix these all together and sweeten it to your taste; the oven must be as quick as can be without burning them; and a very little time will bake them.

*To make rice cheese cakes.*

Take a pound of ground rice, and boil it in a gallon of milk, with a little whole cinnamon, till it be of a good thickness; then pour it into a pan, and put about three quarters of a pound of fresh butter in it;

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then let it stand covered till it is cold; then put in twelve eggs, and leave half the whites out, and a pound of currants, grate in a small nutmeg, and sweeten it to your own palate.

*Fine puff paste.*

To every pound of flour put one pound of butter, and the yolk of an egg. First take a quarter of a pound of the butter, and rub it in finely with the flower, then make a hollow in the middle of your flour, and beat the yolk of your egg very fine or it will spot the crust, then put in as much cold water as will make it into a light paste, work it up light and roll it out, then divide the rest of the butter into five parts, take one and stick it into little bits all over, then shake a little flour all over, and roll it up round, and cut off a piece at the end, and lay on the middle of the roll, and roll it out again; do this five times and it is the finest puff paste you can make, and it will, when baked, fleak finely.

*Fine*

*Fine paste for tarts.*

Take a pound of flour, a pound of loaf sugar beat fine, and a pound of butter, work it up all together, don't roll it, but beat it well with the rolling pin for half an hour, folding it up and beating it out again, then roll out little pieces, as you want for your tarts.

*Paste for pattipans.*

Take a pound of fine flour, a spoonful of sugar, three quarters of a pound of good butter, rub it all into your flour, then take the yolks of two eggs, the white of one, as much water as will wet it, beat them and pour it into the flour, and work it all together, then roll it out thin, and it will rise in baking.

*Paste for a pastry.*

Lay down a peck of flour, work it up with six pound of butter and four eggs, and make it into a stiff paste with cold water.

*Paste*

*Paste for a standing crust.*

To a peck of flour put six pounds of butter, lay your flour in a large dish, make a hollow in the middle, put your butter in a saucépan of water on the fire, and when the butter is all melted take it off and put it into the flour hot, and with a wooden spoon or stick work it all together, then with your hands work your paste quick, and pull it all into little pieces, till it is quite cold, then work it up into a stiff paste, and form it into what shape you will, and build your walls for a standing pye. It requires a good deal of strength to work this crust.

*To candy any sort of flowers.*

Pick your flowers from the white part, then boil as much double refined sugar to candy high, as you think will receive the flowers you do; then put in the flowers and stir them about, till you perceive the sugar to candy about them, then take them off the fire, and keep them stirring till they are cold in the pan you candied them in, then sift the loose sugar from them, and keep them

them in boxes dry ; or you may candy your flowers whole, just as you think best.

*To candy orange flowers.*

Take half a pound of double refined sugar finely beaten, wet it with orange flower water, and boil it candy high, then throw in a handful of orange flowers, keeping it stirring, but don't let it boil, and when the sugar candies about them, take it off the fire, drop it on a plate, and set it by till it is cold.

*To preserve hops with gooseberries.*

Take the largest Dutch gooseberries, and cut them across at the head, and half way down, and pick out the seeds clean, but don't break the gooseberries ; then take fine long thorns scrape them, and stick on your gooseberries, put in the leaf of the one, to the cut part of the other, and so till your thorn is full, then put them in a new pipkin with a close cover, and cover them with water, and let them stand scalding till they are green (before your water boils) and while they are greening make a syrup for them,

them, and take whole green gooseberries and boil them in water till they all break, then strain the water through a sieve ; to every pound of hops put a pound and a half of double refined sugar, put the sugar and hops into the liquor, and boil them uncovered, till they are clear and green, then take them up and lay them on pye plates, and boil your syrup longer ; lay your hops in a very deep gallipot, and when the syrup is cold pour it on them, cover them with paper and keep them in a stove for some time, afterwards in a very dry place.

*To preserve gooseberries whole without stoning.*

Get the largest preserving gooseberries, pick off the black eye, but not the stalk, then scald them, but take great care they don't break, then take them up and throw them into cold water, and to every pound of gooseberries put a pound and a half of double refined sugar, first clarify your sugar ; to every pound of sugar a pint of water ; and when the syrup is cold, lay your gooseberries single into your preserving pan, and put

put the syrup to them, set them on a slow fire, and let them boil, but not too fast, lest they break ; when you perceive the sugar has entered them, take them off, cover them with white paper, and set them by till next day ; then take them out of the syrup, boil the syrup till it begins to be ropy, scum it, put it to them again, and set them on a gentle fire ; let them preserve gently till you perceive the syrup will rope, then take them off, set them by till they are cold, and cover them with paper ; boil some gooseberries in fair water, when the liquor is strong strain it off, let it stand to settle, and to every pint of that liquor put a pound of double-refined sugar and make a jelly of it ; put the gooseberries in glasses, when cold pour the jelly over them, and the next day paper them ; wet and half dry the inside paper, to lie down the closer, put on your upper paper, and set them in a stove.

If you have a mind to make a little tree of them according to art, they will be pretty in a desert.

*How to make wafers.*

Take a pound of fine flower, and eight eggs; beat them well together, put in a penny loaf grated, one nutmeg, two glasses of sack, a spoonful of yeast, better than half a pound of melted butter, and as much milk as will make it thick batter; let it stand three or four hours to rise; they must be well beaten, and when you have rolled them out thin, put them into any shape, and bake them.

*A second sort.*

Dry the flower very well, either in a silver bason or pewter, over a charcoal fire; stir it often that it may not burn, and when cold sift it through a hair sieve; then make a thin batter with cream, a little water, sack, cinnamon, and mace beaten and sifted, with double-refined sugar; mix and beat all well together, and when your irons are clean and very hot rub them with a little butter and a clean rag, then put them on and turn the irons, first one way and then another, till you think they are brown, which will be in

a small time ; take them off the irons, and roll them about your finger or a stick, and keep them in a tin pot near the fire ; you must make them over a quick charcoal fire, or else they will not come off the irons whole.

*To make sugar wafers.*

Sift some fine sugar, put about two spoonfuls at a time in a small silver porringer or silver ladle ; wet it with juice of lemon till it be a little thin ; put in two drops of sack, with what perfume you like, throw it over a very slow fire ; when a thin white skin rises, then stir it, and drop it on square papers as broad as your hands : if you make coloured ones, mix the colours as you do lemons, and make them as thin as you can, which you must do by turning your papers up and down ; make it run, and spread it with your fingers ; about two spoonfuls will make three or four wafers ; they do best upon thin papers, that you may turn them round, and work them together as is used to be done for sugar ; place and pin them up at one corner, in a warm place, till they are dry.

It must not be in too hot a place when it comes off.

*To make comfits of various colours.*

If you would have the comfits red, infuse some red saunders into the water, till it is of as deep a colour as you desire it; or if you please, you may use cochineal or syrup of mulberries;

If green, boil some juice of spinnage with the fugar;

If yellow, put saffron to the water you mix your sugar with.

*Note:* They must all be boiled to a candy height, and then dried in your stove.

*To make bean or almond breads.*

Take a pound of pure white almonds, and blanch them in cold water, taking care you part not the almonds; then take a pound of double-refined sugar, beat and sifted; then do your almonds, and slice them the round

way;

way; as you cut them strew on sugar, stirring them all together that they do not stick; be sure you have sugar to the last, and always stir them, for if they cleave to each other they will not be good; they must be put in an earthen bafon; put in a small spoonful of carraway seeds, mingle well these together, and add a little gum-dragon dissolved in rose water and strained, put in also three grains of musk and ambergrease, dissolved in fine sugar, and the froth of two eggs beaten with rose water; make your froth as light as you can, and put in two spoonfuls of fine flour; when these are well mixed, lay them on wafers as broad as macaroons, and the thickness of two flat almonds; open them with a knife or bodkin, lest two or three pieces stick together; lay them as hollow and low as you can to make them appear in the best manner, and the quicker you lay them out the more hollow they will be; put them in a well heated oven, minding they scorch not, which will destroy their beauty; when they are half baked take them out, wash them with the white of an egg, scrape a little sugar over them, and let the egg be beaten to a froth; but let not your sugar be too gross; after set them into the oven about half an hour,

hour, then you may take them out, and when cold put them up.

*Note:* We used to lay out bean bread upon whole sheets of wafers, and so cut round to their size ; the quantity I used to make, was, one pound of sugar, one pound of almonds, six sheets of wafers, and one pennyworth of gum dragon.

You may leave out either the musk or ambergrease, if you please.

*How to make tumbles of almonds.*

Take three ounces of almonds, blanch and cover them over with a cloth from the air, beat them in a stone mortar very fine, and, as you beat them, drop in a little gum-dragon laid in sack, to keep them from oiling ; when they are almost beaten enough, take the white of an egg beaten to froth, one pound of double-refined sugar finely beaten, and put it in by degrees, working it with your hands till it is all in a paste ; roll it out and bake it upon buttered plates, and set them in an hot oven.

*How*

*How to make jumbles.*

Take a pound of fine flour and half a pound of sugar beaten and seered, rub in a piece of butter the bigness of an egg, a little mace finely shread, the yolks of four eggs, and the whites of three of them; beat them with rose water and a few carraway seeds, make it up in paste, with cream, in what shape you please, and bake them. One pound of sugar and ten eggs make them extremely rich.

*Lady Leicester's hollow gumballs.*

Take the white of three eggs, squeeze in the juice of a lemon, and the peel grated in; with a whisk beat it up to a froth, have ready half a pound of double-refined sugar finely sifted, take off the froth as it rises, and put it into the sugar till it be wet and thick like paste, roll it into what form you please, lay them upon paper, and put them in a moderate hot oven.

*To make apricot jumbles.*

Take apricots; pare and slice them into a clean dish, set them on the fire, and with a wooden spoon bruise them so that the pulp may be small; dry them on the coals, keeping them stirring till they are both dry and tough; lay them out in glasses in a stove, for two or three days, so cut them out in long pieces and roll them into rounds and shapes like tumbles; they must be rolled in double-refined sugar, and then dry them well in a stove.

*To make orange tumbles.*

Take four oranges, let the peels be large, with thick rinds; take out all the meat, and boil them in three several waters till they are tender, and the bitterness out of them; then squeeze them hard, dry them in a coarse cloth, beat them in a stone mortar till they are come to a pulp, then take as much double-refined sugar, seered, as will work it into paste, and roll it into what shape you think proper.

*To*

*To make sugar of raspberries.*

Take what quantity of fine sugar you please, well beaten and seered ; put it into a bason, set it over hot coals, and have the juice of raspberries infused in a pot of water, as you do your common cakes ; then throw a little sugar among the juice, but not too much, that it may not dissolve the sugar but dry with it presently ; let it dry as to a candy height, and it will keep all the year.

*To make sugar cakes.*

Take three pounds of fine flour, dried well and sifted, and add two pounds of loaf sugar beaten and sifted ; put in the yolks of four eggs, a little mace, a quarter of a pint of rose water, and, if you please, you may dissolve musk or ambergrease in your sugar ; mix all together, make it up to roll out, then bake them in a quick oven, and sift some sugar on them.

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To

*To make sugar puffs.*

Take the whites of ten eggs and beat them till they rise to a high froth; put it in a stone mortar, or wooden bowl, and add as much double-refined sugar as will make it thick; put in some amber-grease to give it a taste, and rub it round the mortar for half an hour; put in a few caraway seeds, take a sheet of wafers and lay it on as broad as sixpence and as high as you can; put them in a moderate hot oven half a quarter of an hour, and they will look as white as snow.

*To make seed puffs.*

Take gum-dragon and steep it in rose water; then take some double-refined sugar, seer and wet it with some gum as stiff as paste; work it with a spoon till it becomes white, roll it out upon white paper very thin, and cut it out in shapes with a jigging-iron, and bake it in an oven, taking care not to scorch it.

*How*

*How to make little candied cakes.*

Take double-refined sugar finely seered, about a silver ladleful ; wet it no more than will make it boil to a candy height, and put in what flowers you please ; strew some sugar upon them, glass-drop them upon white paper, and take them off hot to avoid their sticking.

*How to make tumblets.*

Take of fine sugar and flour one pound each, eight eggs, with their whites taken out, and beat the yolks with two spoonfuls of rose water ; take the quantity of a walnut of butter, which, along with the egg, put to half the quantity of sugar and flour, and mingle in the other half gradually. Some make tumblets thus : take a pound of sugar, and mix to it the white of an egg well beaten ; put to it a little grated lemon peel, making it in little balls ; put them upon round papers, and do them in a pan over the fire till they are enough.

*Ratafia biscuits.*

Take four ounces of bitter almonds, blanch and beat them as fine as you can ; in beating them, put in the whites of four eggs, one at a time, and mix it up with sifted sugar to a light paste ; roll the cakes, and lay them on wafer-paper, or on tin plates ; make the paste so light as to take it up with a spoon ; then bake them in a quick oven.

*How to make sugar biscuits, a cheap way.*

Take one pound of fine flour, one pound of powder sugar, a few almonds blanched and pounded ; mix these with six spoonfuls of rose water, and the yolks and whites of eight eggs that are beat a full hour ; when well mixed, put it into small tin pans of various fashions, and bake them only with the heat of the oven after the batch is drawn, and stop the oven very close.

*How*

*How to make Savoy biscuits.*

Take eight eggs, seperate the whites from the yolks, and beat your whites till they are very high ; then put your yolks in with a pound of sugar, beat this for a quarter of an hour, and when your oven is ready, put in one pound of fine flour, and stir it till it is well mixed ; lay your biscuits upon the paper and ice them, only taking care your oven is hot enough to bake them speedily.

*Savoy biscuits, a second sort.*

Take twelve eggs, leave out half the whites, beat them up with a small whisk, put in two or three spoonfuls of rose or orange-flower water, and, as you beat it up, strew in a pound of double-refined sugar well beat and finely sifted ; when the eggs and sugar are as thick and white as cream, take a pound and two ounces of the finest flour that is dried, and mix with it ; then lay it in long cakes, and bake them in a cool oven.

*Lemon biscuit.*

Take the whites of four eggs, the yolks of ten, and beat them a quarter of an hour with four spoonfuls of orange-flour water; add to it one pound of loaf sugar beaten and sifted; then beat them an hour longer, stir in half a pound of dry flour, and the peel of a lemon grated off; butter the pan, seer some sugar over them as you put them into the oven, and, when they are risen in the oven, take them out and lay them on a clean cloth; when the oven is cool put them in again on sieves, and let them stand till they are dry and will snap in breaking.

*Macaroons.*

Take a pound of almonds, scald and blanch them, and throw them into cold water; dry them in a cloth, pound them in a mortar, and moisten them with orange-flour water, or the white of an egg, lest they turn to an oil; afterwards take an equal quantity of white powder sugar, the whites of four eggs, and a little milk; beat all well together, shape them round upon wafer-paper with a spoon, and

and bake them in a gentle oven on tin plates.

*A second sort of macaroons.*

Take a quarter of a pound of almonds blanched, and three ounces of sugar seered; beat these together with a little of the white of an egg and rose water, till it is thicker than batter; then drop it on wafer-paper and bake them.

*Hard biscuit.*

Take half a peck of fine flour, one ounce of carraway seeds, the whites of two eggs, a quarter of a pint of ale yeast, and as much warm water as will make it into a stiff paste; make it into long rolls, bake them an hour, and the next day pare them round; then slice them into pieces about half an inch thick, dry them in the oven, draw and turn them and dry the other side, and they will keep the whole year.

To

*To make iced Biscuit, the French way.*

Take the whites of eight, and the yolks of six eggs, put to them one pound of loaf sugar beat and seered, and beat them two hours ; have ready fourteen ounces of fine flour double beat, sifted, and well dried in an oven, or over coals ; when your oven is swept and your plates buttered, put in your flour as fast as you can mingle them together, and lay them upon the plates, putting a little musk and ambergrease, finely beat, into them ; you must be very quick after your flour is in, and set them in a quick oven ; this will make twenty large ones, laying out for each one spoonful.

*How to make Naples biscuits.*

Take a pound of fine sugar, and three quarters of the finest flour you can get ; the sugar must be finely seered, and the flour three times ; then add six eggs beat very well, and two or three grains of musk with a spoonful of water ; heat your oven, and when it is almost hot make them, taking care they be not made up wet.

*To*

*To make orange biscuits.*

Take your oranges and water them two days, boil them tender, shift the water they are boiled in, and put them to another that is hot; when they are tender take them up, and put them in a cloth to dry, minding the meat be taken out of the oranges; then take their weight and half of double-refined sugar, finely beaten; let your oranges be beat in a stone mortar, strew your sugar on them as they are beating, and when the pulp is very small, and the sugar taken up with beating, then take it out and lay it on glasses like your paste, minding to be quick in laying it out, for fear it grows rough and dries too fast; set them in an oven after manchets and keep them in a stove to dry; beat the pulp of your oranges very small, or else they will look rough, dark, tough, and harsh.

*A rich great care.*

Take a peck of flour well dried, an ounce of nutmeg, and as much cinnamon; beat the spice well, mix them with your flour, a pound and a half of sugar, some salt, thir-

teen pounds of currants well washed, picked, and dried, and three pounds of raisins stoned and cut into small pieces ; mix all these well together, make five pints of cream almost scalding hot, put into it four pounds of fresh butter, beat the yolks of twenty eggs, three pints of good ale yeast, a pint of sack, a quarter of a pint of orange-flour water, three grains of musk, and six grains of amber-grease ; mix these together, and stir them into your cream and butter ; then mix all in the cake, and set it for an hour before the fire, to rise, before you put it in your hoop ; mix your sweetmeats in it, two pounds of citron, and one pound of candied orange and lemon peel, cut in small pieces ; you must bake it in a deep hoop, butter the sides, put two papers at the bottom, flour it, and put in your cake ; it must have a quick oven, and will take four hours to bake it ; when it is drawn, ice it over the top and sides ; take two pounds of double-refined sugar, beat and sifted, the whites of six eggs beat to a froth, with three or four spoonfuls of orange-flour water, and three grains of musk and amber-grease ; beat these in a stone mortar with a wood pestle, till it be as white as snow, and, with a brush or bunch of feathers, spread it all

all over the cake, and put it into the oven to dry, taking care the oven does not discolour it; when it is cold paper it, and it will keep good five or six weeks.

*A plumb cake.*

Take two pounds ten ounces of the finest flour well dried, two pounds of currants weighed after dried, picked, and washed; three nutmegs finely grated, three or four blades of large mace, ten cloves, a little cinnamon, dried and beat fine; mix all these into the flour, with two ounces of fine sugar, break into the bason the yolks of twelve eggs and the whites of six; beat into them a pint of very good yeast, not bitter lest it spoil your cake; strain it through an hair sieve into the middle of the flour, set over the fire a pint of new cream, and when it is boiled take it off the fire, put in a pound of new butter cut in thin slices, and as much saffron as will colour the cream; when the butter is all melted and the cream not very hot, then pour into the flour as much as will make it like a pudding, but not too thin; never offer to mould it, but lift it up with

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your fingers till your flour be wet all over ; flour a cloth all over, and lay it before the fire for a quarter of an hour to rise ; then put it into a frame well buttered, and, with a knife dipt in flour, cut a crease across, and prick it through to the bottom with a bodkin, and set it over a quick fire ; set it in a quick oven, bake it a full hour, and draw it gently out of the oven, for shaking any cake will make it heavy ; you may, if you please, add six spoonfuls of sack, some ambergrease, citron and lemon ; ice it as soon as drawn, and set it in a proper place ; if you follow these directions, it will eat as if a great quantity of almonds were in it ; but I seldom put in any citron.

*The icing for the cake.*

Take a pound of the best refined sugar, sift it through a lawn sieve, take the whites of two eggs well beat, with four or five spoonfuls of orange-flour water ; put your sugar into the eggs, and never leave beating them till they are as white as snow ; cover your cake all over, and stick some thin slices of citron, if you put any in the cake.

This

This cake hath been made for the best people in England; for it is an admirable one if carefully made.

*A second sort.*

Take seven pounds of flour, two pounds and a half of butter, and mix it with the butter; seven pounds of currants, two large nutmegs, half an otince of mace, and a quarter of an ounce of cloves, all finely beat and grated; one pound of sugar, and sixteen eggs, leaving out four whites; put in a full pint and a half of ale yeast, warm as much cream as you think will wet it, and put sack to your cream to make it as thick as batter; beat also one pound of almonds with sack and orange-flour water, but do not let them be fine but grossly beat; put in a pound of candied orange, lemon, and citron peel, or more if you desire it very rich; mix all, put it into your hoop, with a paste under it to save the bottom. This was given by one of the nicest housewives in England, and is as good as ever was made.

To

*To make a very fine rich plumb cake.*

Take four pounds of the finest flour well dried and sifted, six pounds of the best fresh butter, seven pounds of currants well washed, picked, and rubbed very clean and dry ; two pounds of Jordan almonds, blanched and beat in a marble mortar, with sack and orange-flour water, till they are very fine ; take four pounds of eggs, leave out half the whites, and add three pounds of double-refined sugar, beat and sifted through a lawn sieve, with mace, cloves, and cinnamon, of each a quarter of an ounce ; three large nutmegs beat fine, a little ginger, of sack and French brandy half a pint each, sweetmeats to your liking, lemon and citron ; take a large broad pan, beat your butter to a cream before any of your ingredients go in, minding to beat it all one way, or it will turn to oil ; put in your sugar, beat it well, and work in your almonds ; let your eggs be well beat, put in, and beat all together till it looks white and thick ; put in your brandy, sack, and spices, and shake your flour in by degrees ; when your oven is ready, put in your currants and sweetmeats, and put it into your hoop ;



hoop ; it will take four hours baking in a quick oven ;

*Note* : As you mix it for the oven, you must be mindful to keep beating it all the time with your hand ; and your currants, as soon as cleaned, must be put in a dish before the fire, that they may be warm when mixed. The above quantity bakes best in two hoops.

*An ordinary plumb cake.*

Take three pounds of flour, a little ale yeast, a pint of milk, a pound of sugar, a pound of butter, and a little all-spice ; make it into dough before you put in the plumbs, and work in as many as you please.

*A pound seed-cake.*

Take a pound of flour, one pound of fine powder sugar, one pound of butter, eight yolks and four whites of eggs, as much carraway seeds as you like ; first beat up the butter to a cream with your hands, minding to beat it one way lest it oil ; then by degrees beat in your eggs, sugar, and flour, till it

it goes into the oven ; bake it in a quick oven, and it will take an hour and a quarter baking.

*Another seed-cake.*

Take two pounds of flour, two pounds of fresh butter rubbed well in, ten yolks and five whites of eggs, three spoonfuls of cream, and four spoonfuls of ale yeast ; mix all together, put it before the fire to rise, then work in a pound of carraway comfits, and bake it in an hour and a quarter.

*A rich seed cake.*

Take five pounds of fine flour well dried, and four pounds of single-refined sugar beat and sifted ; mix these together, and sift them through an hair sieve; then wash four pounds of butter in eight spoonfuls of rose or orang-flour water, and work the butter with your hands till it is like cream ; beat twenty yolks and ten whites of eggs, and put them to six spoonfuls of sack ; put in your flour, a little at a time, and stirring it with your hand all the time ; you must not begin mixing it till the oven is almost hot, and after it is mix-

mixed you let it stand some time before you put it into the hoop ; when you are ready to put it into the oven, put to it eight ounces of candied orange peel sliced, with as much citron, and a pound and a half of carraway comfits ; mix them well and put it into the hoop ; it must be a quick oven, and two or three hours will be sufficient to bake the cake ; after which you may ice it if you please.

*Little currant and seed cakes.*

Take two pounds of fine flour, one pound and a half of butter, the yolks of five or six eggs, one pound and a half of sugar, six spoonfuls of rose water, nine spoonfuls of sack, three spoonfuls of carraway seeds, two nutmegs, and one pound of currants ; beat the butter with your hand till it is very thin, dry your flour well, put in your carraway seeds, and nutmegs finely grated ; afterwards put them all into your batter, with your eggs, sack, and rose water ; mingle them well together, put in your currants, let your oven be pretty hot, and as soon as they are coloured they will be enough.

*Liquorice cakes.*

Take hysop and red-rose water, of each half a pint, half a pound of green liquorice, the outside scraped off, and then beat with a pestle; put to it half a pound of anniseeds, and steep it all night in the water; boil it with a gentle fire till the taste is well out of the liquorice; strain it, put to it three pounds of liquorice powder, and set it on a gentle fire till it is come to the thickness of cream; take it off, and put to it half a pound of white sugar-candy seered very fine; beat this together as you do biscuit, for at least three hours, and never suffer it to stand still; as you beat it you must strew in double-refined sugar finely seered, at least three pounds; half an hour before it is finished, put in half a spoonful of gum-dragon steeped in orange-flower water; when it is very white then it is beat enough; roll it up with white sugar, and if you will have it perfumed must put in a pastil or two.

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### *The nun's cake.*

Take four pounds of your finest flour, and mix with it three pounds of double-refined sugar, finely beat and sifted; dry them by the fire till you prepare your other materials; take four pounds of butter, beat it in your hands till it is very soft like cream, beat thirty-four eggs, leave out sixteen whites and take out the treads from them all; beat the eggs and butter together, till it appears like butter, pour in four or five spoonfuls of rose or orange-flour water, and beat it again; then take your flour and sugar, with six ounces of caraway seeds; strew it in by degrees, beating it up all the while for two hours together; you may put in as much tincture of cinnamon or ambergrease as you please; butter your hoop, and let it stand three hours in a moderate oven.

### Saffron cakes.

Take a quarter of a peck of fine flour, a pound and half of butter, three ounces of carraway seeds, and six eggs; beat well a quarter of an ounce of cloves and mace to-

gether very fine, a pennyworth of cinnamon beat, a pound of sugar, a pennyworth of rose water, a pennyworth of saffron, a pint and half of yeast, and a quart of milk; mix all together lightly with your hands thus; first boil the milk and butter, scum off the butter, and mix it with the flour and a little of the milk, stir the yeast into the rest, and strain it; mix it with your flour, put in your seed and spice, rose water, tincture of saffron, sugar, and eggs; beat all up with your hands very lightly, and bake it in a hoop or pan, minding to butter the pan well; it will take an hour and a half in a quick oven; you may leave out the seed if you chuse it, and I think it the best.

*A rich yeast cake.*

Take a quatern and half of fine flour, six pounds of currants, an ounce of cloves and mace, some cinnamon, two nutmegs, about a pound of sugar, some candied lemon, orange and citron cut in thin pieces, a pint of sweet wine, some orange-flower water, a pint of yeast, a quart of cream, two pounds of butter melted, and put in the middle; strew some

some flour over it, let it stand half an hour to rise, knead it well together, let it stand some time before the fire, work it up well, put it in a hoop, and bake it two hours and a half in a gentle oven.

*Little queen cakes.*

Take two pounds of fine flour, a pound and a half of butter, the yolks of six eggs, one pound and a half of sugar, six spoonfuls of rose water, nine spoonfuls of sack, two nutmegs, and two pounds of currants; beat your butter with your hand till it is very thin, dry your flour well, put in your sugar and nutmegs finely grated, and put them all into your batter, with your eggs, sack, and rose water: mingle them well together, put in your currants, let your oven be moderately hot, and they will be baked in a quarter of an hour; take care your currants be nicely washed and cleaned.

*Almond cakes.*

Take a pound of double-refined sugar finely seered, a quarter of a pound of the best almonds laid in cold water all night and blanched;

blanched ; take the white of an egg, put to it a spoonful of rose water, and beat it to the whiteness of snow, letting it stand half an hour ; beat your almonds, putting thereto a spoonful of rose water, a little at once, and the same with the egg ; when the almonds are well beat, put the sugar in by degrees, and minding you wet not the paste too much whilst you roll out the cakes ; you must continue beating till all be used, and when your cakes are made, lay them severally on papers with some seered sugar over them ; bake them in an oven as hot as for your sugar cakes.

*Portugal cakes.*

To a pound of fine flour well dried, add a pound of double-refined sugar finely seered ; take a pound of new butter, wash it in rose water, and roll it till it is very soft ; throw in the sugar and flour by degrees, till half in, working it with your hands ; put in the yolks of six eggs, beat the whites with two spoonfuls of sack, and work in the other half of the flour ; when the oven is hot, put in a pound of currants ready washed and dried ; your pans must be ready buttered, fill them half

half full, and scrape some fine sugar over them; the oven must be moderately hot, and set up the stone; you may make them plain.

*Carraway cakes.*

To a pound of flour add a pound of new butter without salt, eight spoonfuls of good yeast, four spoonfuls of rose water, the yolks of three new-laid eggs, carraway seeds as many as you please, four ounces of sugar, and some ambergrease; knead all into a paste, make it up into what form you please, and when they come out of the oven strew on sugar.

*Shrewsbury cakes.*

Take two pounds of flour, a pound of sugar finely seered, and mix them together; take out a quarter of a pound to roll them in, then take four eggs well beat, four spoonfuls of cream and two of rose water; beat them well together, mix them with the flour into a paste, roll them into thin cakes, and bake them in a quick oven.

*Ban-*

*Banbury cakes.*

Take half a peck of fine flour, three pounds of currants, a pound and a half of butter, a quarter of a pound of sugar, a quarter of an ounce of cloves and mace, three quarters of a pint of ale yeast, and a little rose water; boil as much milk as will serve to knead it, and when it is almost cold, put in as much carraway seed as will thicken it; work it all together at the fire, pulling it to pieces two or three times before you make it up.

*Whetstone cakes.*

Take half a pound of fine flour, and the same quantity of loaf sugar seered, a pound of carraway seeds dried, the yolk of one egg, the whites of three, a little rose water, with amber-grease dissolved in it; mix all well together, and roll it out as thin as a wafer; cut them with a glass, lay them on floured paper, and then bake them in a very slow oven.

*Bean*

*Bean cakes.*

Take weight for weight of fine sugar and blanched almonds cut in long narrow slices ; slice some preserved orange, lemon, and citron peel ; then beat the white of a new-laid egg, with a little orange-flower water, to a high froth ; put so much of the froth into sugar as will just wet it, and with the point of a knife build up your almonds, piling it round as high as you can upon a wafer ; let some ambergrease be in your sugar, and bake them after the manner of a manchet.

*To make gum cakes.*

Take gum dragon, let it lie all night in rose water till it is dissolved, have double-refined sugar beaten and seered, and mix your gum and sugar together ; make it up into a paste, then roll some up plain, and some with herbs and flowers ; all the paste must be kept separately, your herbs and flowers must be beat small before you make them into paste ; but you may use the juice of the flowers and herbs only ; I use sweet marjoram, red roses, marrygolds, clove-jilly

flowers, and blue-bottle berries, all clipped from the white ; when you have made all your colours ready, have to every one a little rolling-pin and a knife, or else the colours will mix ; first lay a white and then a colour, then a white again, for two colours will not do well ; so roll them up, and cut them the bigness of a sixpence, but in what fashion you please, minding that they are rolled very thin.

*To make honeycomb cakes.*

Take your sugar and boil it to a candy-height ; then put in your flowers, which must be cut ; have little papers with four corners ready ; then drop some of your candy on the papers, take them off when ready, and if they are rightly done they will look full of holes like honeycombs.

*How to make lemon cakes.*

Take the best coloured lemons, scrape out the blacks, and grate off the peel clean ; put the peel into a strainer, wet what sugar you think will serve and boil it to a candy-height ; then take it off and put in your lemon peel ; when

when it boils take it off, squeeze in a little lemon juice, and drop them on buttered plates or papers ; you may put in musk or amber-grease if you please.

*To make lemon, orange, and flower cakes.*

Take sugar finely seered, and wet it with the juice of orange, or any flowers you fancy ; there must be no more juice than will make your paste stiff and thick ; set it upon the fire, when it begins to boil drop it in little cakes, and they will come off presently ; scurvigrass done thus is good against the scurvy ; if it boils you will spoil it.

*Violet cakes.*

Beat your sugar wherein gum hath been steeped, put in the violets and the juice, and so work it well together with seered sugar, and dry them in a stove.

*How to make wormwood cakes.*

Take one pound of double-refined sugar sifted, mix it with three or four eggs well beat, and drop in as much chemical oil of

wormwood as you please ; drop them on papers, and you may have them of various colours by pricking them with a pin and filling the small holes with such colours ; you must keep your colours separate in small gallipots ; for red, take a dram of cochineal, some cream of tartar, and as much allum ; tie them up severally in little bits of fine cloth, and put them to steep in a glafs of water two or three hours ; when you want the colours, press the bags in the water, and mix some of it in a little white of egg and sugar ; use saffron for the yellow, prepared as the red ; for green, mix blue with the saffron ; for blue, put powder-blue in water.

*How to make cakes of flowers.*

Boil double-refined sugar to a candy-heighth, and then strew in your flowers and let them boil once up ; then with your hand lightly strew in a little double-refined sugar sifted, and then, as quick as may be, put it into your little pans made of card, and pricked full of holes at the bottom ; you must set the pans on a cushion, and when they are cold take them out.

*How*

*How to make a cake, and leave out either eggs, sugar, or butter.*

Make your cake as you do the pound cake, leave out either the sugar, eggs, or butter ; but then you must add thick cream instead of the butter ; any of the three left out, the cake will be good.

*Brown almond gingerbread.*

Take a quarter of a pound of blanched almonds, beat exceeding fine with water wherein gum-arabick was steeped, with a few drops of lemon juice, as much cinnamon beat, and some ginger finely grated and seered, as to make it brown ; make it sweet, and smooth it well, roll it out, and cut it in square cakes rolled very thin ; dry it in a stove or before the fire.

*A second sort.*

Take three pounds of flower, a pound of sugar, a pound of butter rubbed in very fine, with two ounces of ginger, and a grated nutmeg ; mix these with a pound of treacle and

and a quarter of a pint of cream warmed together ; then make your bread stiff, roll them out, and make them in thin cakes, and bake them in a stove or oven.

*Gingerbread.*

Take a pound and a half of London treacle, two eggs beat, half a pound of brown sugar, one ounce of ginger beat and sifted, of cloves, mace, and nutmeg, all together, half an ounce ; of very fine coriander and caraway seeds half an ounce each ; two pounds of butter melted, and mixed together ; add as much flour as will knead it into a very stiff paste, and roll it out ; cut it into what form you please, bake it in a quick oven on tin plates, and a little time will be sufficient.

*A second sort.*

Take three pounds of fine flour, the rind of a lemon dried and beat to powder, half a pound or more of sugar, and an ounce and a half of beat ginger ; mix all these together, and make it stiff by adding and working in treacle ; make it into what form you please ;

please; you may put candied orange peel and citron in it; and mind you butter your paper it is baked on, and that it is baked hard and firm.

*How to make whigs.*

Take a pound of butter cut in slices and put it into a pint of milk, set it on the fire till it is melted, and take a quarter of a peck of flour, with some cloves, mace and ginger; then beat four eggs, a quarter of a pint of good yeast, and three or four spoonfuls of sack; when the milk is as warm only as though just from the cow, mix all together to a paste, and let it lie half an hour to rise; then put it to a pound of caraway comfits, mould them into whigs, and bake them on papers; the oven must be hot as for manchets, and they will be almost as long in the baking.

*Light whigs.*

Take a pound and a half of flour, and mix it with a pint of milk made warm; cover it, and let it lie by the fire half an hour; then take half a pound of sugar and half

half a pound of butter, and work them into the paste, and make it into whigs with as little flour as possible, and if the oven is quick they will rise very much.

*To make artificial fruit.*

First take care at a proper time of the year, to save the stalks of the fruit with the stones to them ; then get some neat pretty tins made in the shape of the fruit you intend to make, leaving a hole at the top to put in the stone and stalk, and they must be so contrived as to open in the middle to take out the fruit ; there must be made also a frame of wood to fix them in ; and in the making of the tins, care must be taken to make them extreamly smooth in the inside, lest by their roughness they mark the fruit ; as also, that they are made of exact shape to what they represent ; because, a defect in either will not only give deformity to the artificial fruit, but likewise rob the artist of the honour she would otherwise acquire, and for which the lady would undoubtedly stand admired.

Then

Then take two cow heels and a calve's foot; boil them in a gallon of soft water, till all boil to rags; when you have a full quart of jelly, strain it through a sieve, put it in a saucépan, sweeten it, put in some lemon peel, with perfume, and colour it to the fruit you intend to imitate; stir all together, give it a boil, and fill your tins; put in your stones and the stalks just as the fruit grows; when the jelly is quite cold, open your tins for the bloom and carefully dust powder blue; an ingenious clever person may make great improvements on this artificial fruit, as it requires great nicety in the doing it; a little practice will perfect them in it.

*To make ice cream.*

Take two pewter basons, one larger than the other; the inward one must have a close cover, into which you put your cream, and mix it with what you think proper, to give it a flavour and colour, as raspberries, &c. then sweeten it to your palate, cover it close, and set it in the larger bason; fill it with ice, and a large handful of salt under and over and round about; let it stand in the ice three quarters of an hour, uncover, and stir it and

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the cream well together, then cover it again ; let it stand half an hour longer, and turn it into your plate ; your basons should be three cornered, that four colours may lie in one plate ; one colour should be yellow, another green, another red, and a fourth white ; but that depends on fancy, and what you colour them with ; as any sort of fruit, saffron, or cochineal ; and for the green, there are several sorts of juice ; all must be well flavoured with different sorts of fruit ; the white wants nothing but orange-flower water and sugar, three basons are made at the pewterers for the use above.

Some make their ice cream in tin pans, and mix three pennyworth of salt petre and two pennyworth of roach allum, both beat fine, with the ice, as also three pennyworth of bay salt ; lay it round the pan as above, cover it with a coarse cloth, and let it stand two hours.

*To make chocolate puffs.*

Take half a pound of chocolate grated, and a pound of double-refined sugar beat fine and sifted ; then with the white of

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two eggs make a paste, and have ready some more sugar to strew on the tins ; turn the rough side upwards, and bake them in a slow oven ; you may form the paste into any shape, and colour it with different colours.

*To make a pepper cake.*

Take a quarter of an ounce of whole pepper and half a gill of sack ; mix and boil them a quarter of an hour, then take the pepper out, put in as much double-refined sugar as will make it like a paste, then drop it in what shape you please, or on plates, and let it dry.

*Oil of oranges.*

Take a pound of sweet almonds well peeled, the flowers of lemons and oranges as much as you please, which you must divide into three equal parts ; after this you must put a third part of the flowers upon a white linnen cloth in a sieve, strewing upon the said flowers half of the almonds, which you must strew with another third part of the flowers ; and then the rest of your almonds, which you must cover with the rest of your

Y 2 flowers,

flowers, so that the almonds must always be in the middle of the flowers in the sieve; leave them together for six days, renewing and changing them every day; then beat the almonds in a mortar, and press them in a white linen cloth until they issue out clear oil, then stop it up close in a vessel, and let it stand in the sun eight days.

*Oil of jessamin and violets.*

Take sweet almonds well peeled and beat, with as much jessamin as you please; lay them rank upon rank, and let them lie in a moist place for ten days or more; then take them away and press out the oil in a press; this oil serveth for divers things, and in the like manner you may make your oil of violets and other flowers.

*Oil of nutmegs.*

Take of the best nutmegs to the quantity of what oil you will have, cut them in small pieces, and put to them as much malmsey as will cover them; put them in a glass for two or three days, beat them at the fire, and sprinkle them with rose water; press them in

in a press and you will have an excellent oil, good for many things; you must keep it close stopt in a vessel.

*Oil of Benjamin.*

Take six ounces of Benjamin well beat into powder, and dissolved a whole day in a pound of oil of Tartar and a pound of rose water; then you may distil it with a fine pipe through a limbeck, and keep it as an excellent thing.

*Oil of storax.*

In like manner is made oil of storax; take what quantity of storax liquid you please, put into rose water two or three days, then distil it as the Benjamin abovesaid; first there issues out oil somewhat foul, and then an excellent oil.

*Oil of myrrh.*

Take eggs hard roasted, cut them in the middle; take away the yolks and fill them up with myrrh beaten into powder; put them in some moist place where the myrrh may dif-

dissolve by little and little ; this oil maketh the face and other parts of the body soft, and takes away all scars.

*Oil of bay salt.*

Put the bay salt in an iron pot, and set it over a charcoal fire till it is dissolved and done running ; take it off, lay the salt on a marble, and it will run oil ; take four or five drops of this, rub it over your hands, and it will take all freckles and roughness off the skin.

*Note* : In making any of these fine oils to perfume the water, you must drop your oil on sugar and then they will mix.

*Fine sweet waters.*

Take four pounds of damask-rose water, of lavender water, and spike water, three ounces each ; the water of blossoms of lemons or oranges, the water of the blossoms of a myrtle tree, blossoms of jessamin, and of marjoram, of each half a pound ; add of storax calamita, and Benjamin a drachm each, and

and of musk half a scruple; mingle them well together, and keep it in phials well stopt six days; then distil it in Balneo Mariæ and keep the water in a glafs vessel fifteen days in the sun, and then it will be fit for use.

*Another.*

Take of fresh flowers of rosemary two pounds, damask-rose water two pounds, and a scruple of amber; put these into a glafs phial well stopt for ten days, being distilled in Balneo Mariæ, and let it be kept in a glafs phial stopt very close.

*Another.*

Take four pounds of the aforesaid water, two pounds of damask-rose water; and half a scruple of amber; mix these together, and keep them close stopt in a phial and put it in the sun for a month, and it will be fit for use.

*Another.*

Take four pounds of damask-rose water, with six ounces of lavender water, three pounds

pounds of jessamine flowers, and half a scruple of fine musk ; keep them ten days in a vessel close stopt, distil in it Balneo Mariæ, and it will be extreamly good.

*Another.*

Take the peels of oranges and green citrons of each half an ounce, a scruple of cloves, and six ounces of the flowers of spike ; mix them all together with six pounds of damask-rose water, let them stand in a vessel covered for the space of ten days, distil them in Balneo Mariæ, and they will be extraordinary good.

*Another.*

Take two pounds of damask-rose leaves, half a scruple of good amber, and beat them together ; set them upon hot embers two or three days, and steep them ten days in ten pounds of damask-rose water, then distil it, and let it stand in the sun fifteen days.

*Orange*

*Orange water.*

Take the parings of forty oranges of the best sort, steep them in a gallon of sack three days, and distil the sack and peels together in a limbeck; if you would have it very strong distil it in an ordinary rose-water still; put it into bottles, and drop in a little white sugar-candy; divide the oranges and sack twice.

*Clove water.*

You may perfume it with any of the above waters.

*Perfumed water.*

Take three handfuls of the tops of young lavender, and as much of the flowers of woodbine, full ripe and plucked from the stalks; then take as much orice roots as two walnuts and an half, an orange peel dried, and as much calamus as one walnut, and beat them all together.

*To make rose cake to burn for perfume.*

Take three ounces and a half of Benjamin, steep it three or four days in damask-rose water, then of leaves half a pound, and beat them as small as for conserve, and put the Benjamin into it, with half a quarter of an ounce of musk and as much civet; beat them all together and make them up in cakes; then put them between two rose leaves, lay them upon papers in a place where no fire is, and turn them often into dry papers; when you use them, lay one on a coal, minding it is not too hot.

*To perfume roses.*

Take damask-rose buds and cut off the whites, then take orange-flower or rose water, wherein Benjamin, storax, lignum rhodium, civet, and musk, have been steeped; dip some leaves therein, and stick a clove into every rose bud; dry them betwixt two papers, and they will fall asunder; this perfume will last seven years.

*Ano-*

*How to make fine sweet water.*

Take sweet marjoram, lavender, rosemary, muscovy, maudillon balon, fine walnut leaves, damask roses, and pinks, of all a like quantity, and enough to fill the still; then take of the best orange and damask-rose powder, and storax, of each two ounces; strew one handful or two of the powder upon your herbs, and distil them upon a soft fire; tie a little musk in a piece of lawn, and hang it in a glass your water drops into; when it is all distilled, take out the cake, and mix them with the powders that are left; lay them among your cloaths, or with sweet oils, and burn them for perfumes.

*Some perfume roses thus.*

Take your rose leaves, cut them from the whites, and sprinkle them with the aforesaid water, putting some powder of cloves among them, and when dry, put them up in bags to sweeten your cloaths.

*Another way.*

Take your rose leaves, and as you pull them lay them so that they touch not one another, turning them every day; when they are very dry put them up in a wide mouthed glafs, and tie them up close; these roses thus dried will keep their perfect colour.

*How to make Hungary water.*

Take rosemary flowers, and put a good quantity of them into a wide mouthed glafs; then put to them no more spirit of sack than will be strong of your flowers, cork them close, and let them stand ten days at least, stirring it frequently; then distil it in a limbeck, and keep it for use.

*Lavender water.*

Take a quart of spirits of wine and put in the essence.

*How*

*How to make ratafia.*

To every gallon of brandy put a quart of the best orange-flower water, and a quart of good French wine ; you must also take care your brandy is extreamly fine and of a good age ; put in four hundred apricot stones, and a pound and a quarter of white sugar-candy ; just crack the stones, and put them in, with the shells, into a bottle ; stop it very close, seal it down, and put it in the sun for six weeks ; take it in every night, and in wet weather, and whenever you take it in, or set it out, shake it well about ; after the time is expired, let it settle, and rack it off when it is perfectly fine.

*Surfeit water.*

Take a gallon of brandy, half a pound of white sugar-candy beat small, one pound and a half of raisins of the sun stoned, a quarter of a pound of dates shread, a quarter of a pound of whole mace, with an ounce of nutmeg sliced, half an ounce of anniseeds, carraway seeds, and coriander seeds ; half an ounce of cardinum bruised, and as many poppies as will

will colour it well ; these all mixed together, add a large sprig of angelica, rue, wormwood, spermint, balm, rosemary, mary-golds, sage, clove-jilly flowers, burrage, cow-flips, and rosemary flowers, of each a handful ; let them stand nine days close stopped, then strain it through a jelly-bag, and bottle it up.

*Note:* To the ingredients above prescribed, put a gallon of brandy, and let it stand nine days ; distil it in a limbeck, and it will make an excellent water : I infuse these things in a wide mouthed glaſs.

*Plague water.*

Take *rosa solis*, agrimony, betony, *scabius*, centaury tops, scordium, balm, rue, wormwood, mugwort, celandine, rosemary, marygold leaves, brown sage, burnet, *carduus*, and dragons, of each a large handful ; angelica roots, piony roots, tormentil roots, elecampane roots, and liquorice, of each one ounce ; cut the herbs, slice the roots, and put them all into an earthen pot ; add to them a gallon of white wine, and a quart of brandy ;

brandy; let them steep two days close covered, then distil it in an ordinary still over a gentle fire, and sweeten it as you think proper.

*Walnut water.*

Take a peck of walnuts in July and beat them pretty small, putting to them two quarts of clove-jilly flowers, two quarts of poppy flowers, two quarts of cowslip flowers dried, two quarts of marygold flowers, two quarts of sage flowers, and two quarts of burrage flowers; add to these, two ounces of mace well beat, two ounces of nutmegs bruised, and an ounce of cinnamon well beat; steep all these in a pot, with a gallon of brandy and two gallons of sack; let it stand twenty-four hours, and distil it off.

*Juniper berries.*

Take of the best juniper berries twelve ounces, proof spirits of wine three gallons, a sufficient quantity of water, and distil them; you may sweeten it with sugar. It is an excellent remedy against wind in the stomach and bowels; powerfully provokes urine,

urine, and is therefore a good diuretick in the gravel and the jaundice ; you may distil it a second time, only by adding the same quantity of berries.

*Cardamum water.*

Take pimento, carraway and coriander seeds, and lemon peel, of each four ounces ; proof spirits three gallons, and a sufficient quantity of water ; distil it, and sweeten it with one pound and a half of sugar ; this is a cheap and good cordial, and may be used in all cases where a stomachic cordial is necessary.

*Nutmeg water.*

Take and bruise half a pound of nutmegs, an ounce of orange peel, spirits of wine rectified three gallons, and a sufficient quantity of water ; distil and sweeten them with two pounds of loaf sugar. It is an excellent cephalic and stomachic cordial, it helps the memory and strengthens the eyesight.

*Mint*

*Mint, balm, or pennyrial water.*

Take four pounds of dried mint, (three pounds of any of the other herbs are sufficient) two gallons and a half of proof spirits, and three gallons of water; distil them, and sweeten the water with one pound and a half of sugar.

*Citron water.*

Take eighteen ounces of the best lemon peel bruised, nine ounces of orange peel bruised, nutmegs bruised one quarter of a pound, and three gallons of proof spirits; macerate and distil them, sweeten the water with two pounds of double-refined sugar, and keep it for use.

*A second sort.*

Take the outward yellow rind of twelve lemons, and half an ounce of cardamom seeds a little bruised; let these steep three days in the best French brandy, close stopt; in the mean time take of double-refined sugar one pound and a half, and boil it with a pint and

a half of spring water; boil it gently to a syrup, scum it, and when it is cold mix it with brandy, adding the juice of three lemons; let it run through a fair bag once or twice, till it is fine and clear; then put it into pint bottles.

*Note:* You must be mindful that the brandy is free from adulteration, and the lemons favour not the least of sweetnes, or are any ways musty.

*Cinnamon water.*

Take two pounds of cinnamon and bruise it, half a pound of citron and orange peel, a quarter of an ounce of coriander seed steeped two day's in three gallons of malaga sack; distil them in a worm still, and sweeten it with sugar dissolved in red-rose water; this water hath been highly esteemed for the taste.

*Orange water.*

To every two quarts of sack add twelve oranges, chop and steep them twelve hours; distil them in a glass still, sweeten it with very

very fine double-refined sugar dissolved in red-rose water ; put one handful of angelica into the still with the oranges.

*Milk water.*

Take balm, mint, carduus, angelica, rue, wormwood, rosemary, of each half a pound, and sweeten them ; distil them with two gallons of milk just taken from the cow, in a limbeck, with an iron pot ; put in with the herbs a quart of water, first heat it, then carefully pour in the milk all round on the herbs, by a pint at a time, till all be poured in ; this must be done in an iron pot covered with the still head, and shut close ; when it boils lower the fire a little.

*N. B.* Do not put quite the quantity of mint and wormwood, but as much of the balm and sweet meadow as will make up the quantity.

*Clary water.*

Take a quart of burrage water, put it in an earthen jug, and fill it with two or three quarts of clary flowers, fresh gathered ; let

A a 2 it

it infuse an hour over the fire in a kettle of water ; then take out the flowers, and put in as many fresh flowers, and so do for six or seven times together ; then add to that water, two quarts of the best sack, a gallon of fresh flowers, and two pounds of white sugar candy beat small ; distil it off in a cold still, mix all the water together, and when it is distilled sweeten it to your taste with the finest sugar ; this is a very wholesome water, and extreamly pleasant tasted if corked well and kept close.

*Lady Hewet's water.*

Take red sage, betony, spermint, unset hyssop, setwel, thyme, balm, pennyrial, calendine, water cresses, heart's ease, lavender, angelica, germander, calamita, tamarisik, coltsfoot, avens, valerian, saxifrage, pimpernal, vervain, parsley, rosemary, savory, scabius, agrimony, mother thyme, wild marjoram, Roman wormwood, carduus benedictus, pellitory of the wall-field daisies, with their flowers and leaves, of each of these herbs a handful ; after they are pickled and washed, add of rue, yellow comfry-plaintane, camomile, maiden hair, sweet

sweet marjoram, and dragons, a handful of each, before they are washed or picked; of red-rose leaves and cowslip flowers half a peck each: rosemary flowers a quarter of a peck; hartshorn two ounces, juniper berries one drachm, China roots one ounce; comfrey roots sliced, anniseeds, fennel seeds, caraway seeds, nutmegs, ginger, cinnamon, pepper, spikenard, parsley seeds, cloves, and mace, aromaticum rosarum, three drams; saffras sliced half an ounce, elecampane roots, melliot flowers, calamus aromaticus, cardamums, lignum aloes, rhubarb sliced, thin galingal, veronica lodericum cubeb grains, of each of these two drachms; the cordial bezoar thirty grains, musk twenty-four grains, ambergrease twenty grains, flour of coral drachms, flour of amber one drachm, flour of pearl two drachms, four leaves of gold, two drachms of saffron in a little bag, and white sugar-candy one pound; wash the herbs and hang them in a cloth till dry; cut and put them into an earthen pot, and in the midst of the herbs put the seeds, spices and drugs, all being well bruised; then put thereto such a quantity of sherry sack as will cover them, and let them steep twenty-four hours; then distil it in a limbeck, and make

two

two distillings of it, and from each draw three pints of water; mix all together, and put it into quart bottles; then divide the cordials into three parts, and put into each bottle of water a like quantity; shake it often together at the first, and the longer you keep it the better it will be; there never was a better cordial in cases of the greatest illness; two or three spoonfuls almost revive from death.

*To make treacle water.*

Take the juice of three walnuts, four pounds of rue, carduus, marygolds, and balm, of each three pounds; roots of butterbur half a pound, roots of burdock one pound, angelica and masterwort of each half a pound, leaves of scordium six handfuls, Venice treacle and mithridate of each half a pound, old Canary wine one pound, white-wine vinegar six pounds, juice of lemons six pounds; distil these in a limbeck, and on any illness take four spoonfuls upon going to bed.

*Palsey*

*Palfey water.*

Take of sage, rosemary, and betony flowers, each half a handful; burrage and buglois flowers, of each half a handful; lillies of the valley and cowslip flowers of each four or five handfuls; steep these in the best spirit of sack, and add some balm, spike flowers, mother wort, bay leaves, leaves of an orange tree, and their flowers; then put in citron peel, piony seeds, and cinnamon, of each half an ounce; nutmegs, cardamums, mace, cubeds, yellow fanders, of each half an ounce; lignum aloes one drachm; make all these into powder, and add half a pound of jujabes with the stones taken out; then add pearl prepared, Smaragde's musk, and saffron, of each ten grains; ambergrease one scruple; red roses dried one ounce, and as many lavender flowers, stripped from their stalks, as will fill a gallon glass; steep all these a month, and distil them in a limbeck very carefully; after it is distilled, hang it in a bag with the following ingredients; pearl, smaragde's musk, and saffron, of each ten grains; ambergrease one scruple, red roses dried, red and yellow fanders, of each one ounce;

ounce ; hang them in a white farsnet bag in the water, close stopped.

*Hysterical water.*

Take zedoary, roots of lovage, seeds of wild parsnips, of each two ounces ; roots of single piony four ounces, misletoe of the oak three ounces, myrrh a quarter of an ounce, and castor half an ounce ; beat all these together, and add to them a quarter of a pound of dried millepedes ; pour on them three quarts of mugwort water, and two quarts of brandy ; let them stand in a close vessel eight days, and distil it in a cold still ; draw off nine pints of water, sweeten it to your taste, and mix all together. This is an excellent water to prevent fits, or to be taken in faintings.

*Black-cherry water for children.*

Take six pounds of black cherries, and bruise them small, then put to them the tops of rosemary, sweet marjoram, sper-mint, angelica, balm, and marygold flowers, of each a handful ; dried violets one ounce, anniseeds, and sweet fennel seeds, of each half an ounce bruised ; cut the herbs small, and

and mix all together; distil them off in a cold still, and you will find it an excellent water for children, giving them two or three spoonfuls at a time.

*Lady Allen's water.*

Take of balm, rosemary, sage, carduus, wormwood, dragons, scordium, mugwort, scabius, tormentil roots and leaves, angelica roots and leaves, betony flowers and leaves, centaury tops, pimpernel, wood or other sorrel, rue, agrimony, and rosa folis, of every one of these half a pound; liquorice four ounces, and elecampane roots two ounces; wash the herbs, shake and dry them in a cloth; shread them, slice the roots, put all in three gallons of the best white wine, and let them stand close covered two days and nights, stirring them morning and evening; then take out some of the herbs, lightly squeezing them with your hands into the still; fill the still with the herbs and the wine, let them stand twelve hours in a cold still, and distil them through a limbeck till the herbs and wine are out; mix the water of each still together, sweeten it, preserving some unsweetened as a preservative to women

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in their illness. This is a most excellent  
water.

*How to make all sorts of herb waters.*

Gather your herbs of a very fine clear day, chop them well, and put them in an earthen pan ; wash them with sack, or if you do not chuse that expence wash them with water, let them stand twenty-four hours, distil them in a cold still over a gentle fire, and you may put a piece of white sugar-candy into the bottom for it to drop on.

*Orange-mint water.*

Take a still full of orange mint, distil it in a cold still, and in the water put fresh orange mint ; distil it again, and put your bottles into the still unstopped : a spoonful of this water put into a glass of spring water, will perfume it as excellently as the orange-flower water.

*To make bitters.*

Take a quarter of a hundred of Seville oranges, peel them, and put the clear peel to

to a gallon of brandy, a quarter of an ounce of saffron, one ounce of cochineal, half an ounce of gentian root, and half an ounce of snake root; let them lie in the brandy for a month, pour it clear off, and it will be fit for use.

*Cherry brandy.*

Take of black and morello cherries a like quantity; fill your jar or bottle full; to every dozen of cherries put in half a pound of either plumb or apricot kernels, fill it up with French brandy, and the longer it stands the better it will be.

*Currant brandy.*

Fill the bottle or pan with the fruit as above, then fill it up with brandy.

*Rasberry brandy.*

Do the same way as you do the currant brandy.

*Sir John Cope's shrub.*

Take two gallons of brandy, two dozens of Génoa lemons, and peel the yellow rinds very thin ; throw away all the whites of the rinds, slice the lemons, and throw away the stones ; then let the yellow rind, and the lemons so sliced, infuse in the brandy five or six days ; let them drain through a thick flannel, and put to the brandy a gallon of white wine or rhennish, with six pounds of white sugar ; bottle it up, and let it be close sealed.

*Sir John Cope's cider, good and fit for drinking in two or three days.*

Take the usual quantity, pound them, and pour three gallons of water on each bushel ; put them into a tub, or any other wood vessel, with a spiggot near the bottom ; let them infuse twenty-four hours, then, without pressing or jogging the vessel, draw off the liquor into bottles, which after two or three days will be clear and fit to drink, but it will be too brisk if kept much longer ; I suppose it may be convenient to fasten a small basket, such

such as brewers use, to the end of the fosset, to keep the apples from stopping it; this liquor is most properly called pumparkine, and not cyder, and has been tried with one bushel of apples by Sir John Cope.

*Mr. Bentham's cyder.*

Take your apples and beat them in a wooden trough till they are well mashed; then put them into a clean hair bag, and squeeze and press out the juice, and let it run into a clean vessel; so put it up into a barrel you intend to keep it in: it is best to be thick; I made three kilderkins and ten gallons of cider with ten bushels of pippins and fourteen bushels of other apples; you must clay up your vessel, as you do beer, the next morning.

*How to make perry.*

Take pears that have a vinous juice, such as gooseberry pears, horse pears both the red and white, the john and choke pears, and other pears of the like kind; take the reddest of the sort, let them be ripe but not too ripe, and grind them as you do apples for

for cider ; work it off in the same manner ; if your pears are of a sweet taste mix a few crabs with them.

*Usquebaugh.*

Take ten gallons of good malt spirits, aniseeds one pound, cloves two ounces ; nutmegs, ginger, and carraway seeds, each four ounces ; coriander seeds four ounces ; distil them in a still with a worm, put it into a vessel, and add to it Spanish liquorice bruised, raisins of the sun stoned, of each two pounds ; cinnamon four ounces ; dates, stoned and the white skin taken off, four ounces : if you intend it to be yellow, put in two ounces of saffron, five pounds of white or brown sugar-candy ; keep it close nine or ten days, stir it once a day, and, if you would have it green, leave out the saffron, and add either angelico or green corn sufficient to give it a fine colour ; a week after, put in three grains of amber-grease and musk ; after standing ten days, put a flannel into a large sieve, set the sieve under a funnel, and strain it into the cask ; let it stand till it is fine, bottle it off, and the older you keep it the better.

*Worm-*

*Wormwood water.*

Take the outward rinds of a pound and a half of lemons, one pound of orange peels, tops of dried wormwood, and winter cinnamon, of each half a pound; flowers of camomile four ounces; little cardamums not usked, cloves, cubebs, and camels hay, of each one ounce; cinnamon, nutmegs, caraway seeds, each two ounces; spirits of wine six quarts, spring water four gallons and a half; infuse all these together three or four days, distil them in a Balneo Mariæ, and it will prove an excellent stomachic cordial.

*Simple wormwood water.*

Take one pound of dried wormwood, four ounces of caraway seeds bruised, and three gallons of spirits of wine; infuse and distil them in one pound and a half of sugar, and bottle it for use.

*Snail*

*Snail water.*

Take comfry and succory roots, of each four ounces; liquorice three ounces; leaves of harts tongue, plantain ground ivy, red nettles, yarrow, brookline, water cresles, dandilion, and agrimony, of each two large handfuls; gather the herbs in dry weather, do not wash them, but wipe them with a clean cloth; then take five hundred snails cleaned from their shells, but not scoured; a pint of the whites of eggs beat up to a water; four nutmegs grossly beat, and the yellow rind of one lemon and one orange; bruise all the roots and herbs, and put them with the other ingredients in a gallon of new milk, and a pint of Canary wine; let them stand close covered eight and forty hours; distil them in a common still over a gentle fire; it will keep good a year, and must be made at spring or autumn; for three months only stop the bottles with paper, then cork them; when you use this water, put an equal quantity of milk.

To

*To make cheap mead.*

Take the honey out and add as much water to the honeycombs as they will weeten ; let it stand to be well mixed, boil it well, and scum it ; when an egg will swim at the top it will be sufficiently boiled ; then put it into a wooden vessel, let it stand till cold, and bottle it in stone bottles ; you may boil it either with lemon thyme, rosemary, or cowslips.

*How to make common mead.*

Take a gallon of honey, eight gallons of water, a quarter of a pound of ginger sliced, and six whites of eggs beat with the shells ; put all these into a convenient vessel to boil, and let them boil till a fourth part of the liquor be wasted, scumming it all the time ; to each gallon of water put a handful of rosemary ; when your liquor is sufficiently boiled, put in the remainder of your ingredients ; and when all is boiled, strain your liquor through a hair sieve, and let it stand till it is thoroughly cold ; then put a pint of ale yeast to the vessel, then put in the liquor,

C c and

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and if the weather is cold let it stand two or three days before you bottle it.

*Frontiniac mead.*

Fifty pounds of honey, fifty pounds of Belvedera raisins, fifty gallons of water; boil these about fifteen minutes, keeping it well scummed; pour it into the working tub, and put into it a pint of ale yeast, letting it work till the yeast begins to fall; when taken clear off tun it, with the raisins, and throw into the cask a quart of white elder flowers; take care to attend it in change of weather, let it continue in the cask twelve months, and then fine it down with wine fining, and bottle it off.

*A fourth sort of mead.*

To each gallon of water take a pound and a half of honey, boil them with an handful of sweet marjoram, sweet bryer, and bay leaves, with a sprig of rosemary, a few nutmegs quartered, mace, cloves, and cinnamon; tie the spices up in a cloth, boil all together a full hour, and scum it all the time; when boiled, put it into a pale or other wood ves-

vessel proportionable, and work it with about a spoonful of yeast to each gallon ; turn it when it works to the top, and when fine bottle it ; a week after you have bottled it, if you find it not clear, rack it, and let it stand three or four days longer.

To make cider or perry as clear as rock water.

Take two quarts of cider, half a pint of milk, and put them both in a hippocras bag; when it looks clear bottle it up, and in one month it will be fine, sparkle, and ripe for drinking.

*How to make a most excellent wine, called Brighton's wine.*

Take currants both red and white, gooseberries red and green, mulberries, raspberries, and strawberries of different sorts, cherries of different sorts, but none of the little black ones; grapes, black and white; all the fruit must be thoroughly ripe, and take an equal quantity of each, throw them into a-mash-tub, and bruise them lightly; take golden pippins, and nonpareils, chop and bruise them well, and mix them with the others;

to every two gallons of fruit put one gallon of spring water ; boil all twice a day for a fortnight, then press it through an hair bag into another vessel, and have ready a wine hogshead ; put into the hogshead one hundred raisins of the sun with their stalks, fill it with the strained juice, lay the bung on lightly, and when it has quite done hissing and working, put in one gallon of right French brandy and stop the vessel close ; let it stand six months, then peg it and see if it be fine, and if it is, bottle it ; if it be not fine, stop it up for six months longer, and then bottle it ; the longer it is kept the better it will be, and it is necessary you put in half a dozen bay leaves along with your French brandy.

You may alter the flavour of your wine by different sorts of raisins, as Belvedera, Sumerner, Mallaga, or with the raisins of the sun.

*Note* : When you have drawn off the wine, throw the raisins into a still, and that will produce you fine brandy.

Raisin

*Raisin wine.*

First get a good white-wine cask, and in every hogshead put two hundred weight of raisins with their stalks on ; fill it up with water, let it stand till it has done working, and put to it two quarts of French or raisin brandy ; when it has quite done working, stop it up, and let it stand six months ; then peg it, and if it proves fine, bottle it ; then take the lees, distil them, and they will produce you a fine brandy ; or you may make fine vinegar of the lees. Mallaga raisins make a sweet wine ; raisins of the sun a dry wine ; Belvedera raisins make fine cape wine ; and each having a different flavour.

*Elder wine.*

When the elders are pretty ripe take the berries from the stalks, put them in a jug, stop it close, and set it in a kettle of water ; after it has boiled an hour strain your juice, and to every pint of juice add half a pound of fine sugar boiled to a thin syrup ; and to every gallon of raisin wine, made as above, put a pint of the syrup ; let it stand till it is fine,

fine, and bottle it, if your raisin wine is ready.

*To give your raisin wine different flavours.*

Put into your cask a few walnut leaves; into your sweet wine a few bay leaves, just to give a flavour; and to another a few elder flowers.

*To make them like red port.*

Take twelve gallons of black wine, two gallons of French brandy, the rest raisin wine; this will serve for a hogshead.

*To make it like Madeira wine.*

Take a walnut, peel off the outside, chop the walnut and steep it in half a pint of red wine; then pour it to a bottle of the dry wine, and so proportionably to a greater quantity.

*To make an excellent grape wine.*

Take ripe grapes gathered on a clear day, put them in a fine canvas, and gently press them

them so as not to break the stones; strain the liquor well, let it settle in a cask, and draw off the clear liquor into a well seasoned vessel; stop it close for forty-eight hours, and give it vent by boring a hole at the top of the cask, and stopping it occasionally with a peg; in two or three days stop it close, and it will be fit for drinking in a quarter of a year and not before, and will prove but very little inferior to your best French wine. To season your vessel use scalding hot water, and dry it with a rag dipped in brimstone, and fix it to the bung-hole with the cork.

*Englīsh malmsey.*

Take of English galengal and cloves each one drachm, beat them to powder, infuse them a day and a night in a pint of aqua vitæ in a wooden vessel kept close covered, put it into good claret, and it will make twelve or fourteen gallons of good malmsey in five or six days; the drugs may be hung in a bag in the vessel.

To

*To make grape wine.*

When ever your vines are well grown so as to bring full clusters, be careful to disencumber them of some part of their leaves that too much shade the grapes, but so that the sun may not too swiftly draw away the moisture and wither them; stay not till they are all full ripe, for then some will be over ripe, some burst, some rot; but every two or three days pluck off the ripest grapes, and place them in a shady place to dry, not too thick, lest they contract a heat thereby and grow musty; so do from day to day, till you have got a sufficient quantity; then put them into an open vessel, and gently press them, taking care not to break the stones, since you will thereby hurt the wine by making it bitter.

*Note:* In foreign countries it is usual to press down the grapes with the feet, or with a wooden trencher; but I always use my hands for that purpose, as being the more decent way.

Having

Having thus bruised the grapes to a mash, and a tap placed at the bottom of your cask, tie a hair cloth over the faucet, and set it running; take out the pulp, and gradually press it in a side-press till the liquor is sufficiently drained; then, having a new vessel well seasoned and aired, with a lighted rag, dipped in brimstone, burn it till it becomes dry; pour the liquor in through a sieve funnel to stop the dregs, and put a pebble at the bung-hole, that thereby it may ferment and clear itself; after it has thus stood for ten or twelve days, draw it gently off into another cask, well seasoned, that the lees may remain in the first; stop this as before, and when it has passed over its ferment, which you may tell by its calmness, and the pleasantness of its taste, cover it up; and in this manner of your ordinary white grapes you may make a good white wine; of the red, a good claret; and if your claret wants colour, then you may heighten it with a little brazil boiled in about a quart of it, and strained very clear; the white grapes, if not too ripe, give a good rhenish taste, and are wonderfully cooling; and a sort of Mus-kadel grapes produce a curious sweet wine, little inferior to Canary, and altogether as

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pleasant and wholesome; so that with a small charge, labour, and industry, we might well furnish ourselves with what we are beholden to strangers for, at a much greater expence, besides their unwholesomeness to the English constitution.

*Cowslip wine.*

Boil eight gallons of water and twelve pounds of sugar one hour; scum them, and take them from the fire; pour into the liquor one peck of cowslips well picked, and let them stand till luke warm; afterwards put in the juice of twelve or fourteen lemons, with some peel to lie in while it stands covered with a cloth, which must be four days; strain off the liquor, press the juice from the cowslips, and mix all together; after which, let it stand twenty-one days in a great glass bottle, and, when clear, bottle it up.

*To make wine of quinces.*

Clean your quinces with a coarse cloth, grate them with a grater, press them thro' a linen strainer, and afterwards through a flannel;

nel; to every gallon of liquor put three pounds of double-refined sugar, and when it is melted, pour it off as long as there is a settlement at the bottom; continue melting and clearing of it for twenty-four hours, and then put it in a vessel; let it stand a week, and bung it up, if it has done working; you then may either draw it off in bottles, or let it be put into another vessel, and keep for use.

*To make Morella cherry wine.*

Let cherries be very ripe, pick off the stalks, and bruise the fruit without breaking the stones; put them in an open vessel together, let them stand twenty-four hours, and press them; to every gallon put two pounds of fine sugar, put it in your vessel, and when it has done working stop it close; let it stand three or four months, then bottle it, and in two months it will be fit to drink.

*To make apricot wine.*

Take three pounds of sugar and three pounds of water, let them boil together, and be well scummed; put in six pounds of apricots

cots pared and stoned, let them boil till they are tender, take them off, and, when the liquor is cold, bottle it up; you may, if you please, after you have taken out the apricots, let the liquor boil very little with a sprig of flowered clary in it; the apricots make very good marmalade and are very good for present spending.

*To make damfin wine.*

Gather your damfins, dry and weigh them, and bruise them with your hand; put them into an earthen stein that hath a faucet, and to every eight pounds of fruit put a gallon of water; boil your water, scum it, and put it to your fruit scalding hot; let it stand two whole days, draw it off into a vessel fit for it, and to every gallon of liquor put two pounds and a half of fine sugar; let the vessel be full, stop it close, and the longer it stands the better; it will keep a year; the small damfin is best, and when you bottle it off you may put a small lump of fine sugar to every one.

To

*To make birch wine.*

In March bore a hole in a tree and fix a faucet in the hole, and it will run three days without hurting the tree ; then stop the hole with a peg, and the next year draw off the same quantity ; put to every gallon of the liquor a quart of good honey, stir it well, boil it an hour, scum it, and put in a few cloves and a piece of lemon peel ; when it is almost cold, put to it so much ale yeast as to make it work like new ale ; let it work six weeks or more, and bottle it off ; it will be fit to drink in a month's time, and will keep good a year or two ; you may use sugar instead of honey, the quantity of two pounds to every gallon, or something more if you intend to keep it long ; this is a very wholesome as well as pleasant liquor ; an opener of obstructions, good against the phisick and the spleen, as also the scurvy, and the stone ; it will abate heat in a fever, and hath been given with good success.

To

*To make sage wine.*

Boil twenty-six quarts of spring water a quarter of an hour, and when it is blood-warm, put twenty-five pounds of Malaga raisins picked, rubbed, and shread; add to it half a bushel of red sage finely shread, and a poringer of ale yeast; stir all well together, and let it stand in a tub for six or seven days, close covered, stirring it well once a day; then strain it out, and put it in a rundlet; let it work three or four days, stop it up, and, after standing six or seven days, put in a quart or two of fine Malaga sack, and when fine bottle it off.

*N. B.* All other fruit wine you may make according to the different receipts above described.

*Bitter wine.*

Take two quarts of strong white wine, infuse in it one drachm of rhubarb, a drachm and a half of gentian root, Roman wormwood, tops of cardus, centaury, camomile flowers, of each three drachms; yellow peel of oranges, half,

half an ounce of nutmegs, mace, and cloves, of each one drachm; infuse all for forty-eight hours, strain it, and drink a glass an hour before dinner.

*How to rack wine.*

This is done with such instruments as are useful and appropriated to the manner of doing it, and cannot be so well described as by seeing it done; however, observe this, let it be done then when the wind is full north, and the weather clear and temperate, that the air may the better agree with the constitution of the wine, and may make it take more kindly, as it is proper to be done in the increase of the moon.

*To make wines scent well, and give them a curious flavour.*

Take powders of sulphur two ounces, and half an ounce of calamus; incorporate them well together, put them into a pint and half of burrage water, and let them steep therein a considerable time; draw off the water, and melt the sulphur and calamus in an iron pan, and dip in as many rags as will soak

soak it up ; put the rags into a cask, rack off the wine, put in a pint of rose water, and stop up the hogshead ; roll it up and down for half an hour, and then let it continue still two days ; by ordering it thus, any red or Gascoigne wine will have a pleasant scent and taste.

*To keep wine from souring.*

Boil a gallon of wine with some beaten oyster shells and crabs claws calcined ; strain out the liquid part, and when it is cool put it into the wine of the same sort, and it will give a pleasant lively taste ; a stone of unslaked lime will also keep your wine from souring.

*Milk punch.*

Take two quarts of water, one quart of milk, half a pint of lemon juice, and a quart of brandy ; sugar it to your taste, put the milk and water together a little warm, then add the sugar and lemon juice, and stir it together ; put in the brandy, and run it thro' a flour bag till it is fine ; you may bottle it, and it will keep a fortnight or more.

*Milk*

*Milk punch for present drinking.*

To two quarts of water put two quarts of French brandy, a dozen and a half of lemons, three quarters of a pound of double-refined sugar, and three pints of new milk ; strain it frequently through a jelly-bag, till it is clear and fine ; you must make it two or three days before you use it, and may bottle it off, but it will preserve its goodness for a time.

*Quince wine.*

Clean the quinces with a coarse cloth, then grate them, and press them through a linen strainer to clear them from the gross thickness, and then through a flour strainer ; to every gallon of this liquor put two pounds of single-refined sugar, let it settle, and pour it off ; this do several times till there is no sediment ; then pour it into your vessel, and let it remain unstopped six days ; then keep it six months, and bottle it off, if it is fine ; if not, pour it into another.

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Note :

*Note:* You must observe, as an unexceptionable rule, that all English wines must be kept in cool cellars.

*Birch wine, as made in Sussex.*

Take the sap of birch fresh drawn, boil it as long as any scum rises, and to every gallon of liquor put two pounds of good sugar; boil it half an hour, scum it clean, and when almost cold, set it with a little yeast spread on a toast, and let it stand five or six days in an open vessel, stirring it often; then take a barrel exactly big enough to hold the liquor, burn in a lighted match, and stop in the smoak; shake out the ashes, and pour in a pint of sack or rhenish, working it well about; pour in your wine, stop it close for six months, and if it be perfectly fine you may then bottle it off.

*Black cherry wine.*

Boil six gallons of spring water one hour, bruise twenty-four pounds of black cherries, but not to break the stones, and pour the water

water boiling hot over them ; stir the cherries well in the water, and let them stand twenty-four hours ; strain off the liquor, and to every gallon put two pounds of good sugar and let it stand a day longer ; pour it off clean into your vessel, stop it close, and when it is very fine draw it off into your bottles.

*Red cherry wine, as made in Kent.*

When your red cherries are full ripe, strip off the stalks and stamp them, as apples, till the stones are broke ; put the mash into a tub, cover it up close for three days, put and press it in a cider press, and let the liquor run into a tub ; let it stand covered for three days, take off the scum very carefully for fear of its breaking, and pour it into another tub to clear it of the lees ; let it stand two days more, scum it, and if your cherries are sweet, put only one pound and a half of sugar to each gallon of liquor ; stir it well together, cover it close, and let it rest till the next day ; pour it carefully off the lees, let it rest another day, and then pour it into the vessel in which you design

to keep it ; bung it up, keep it seven or eight months, and, if fine, bottle it off ; if it be not fine, draw it off into another vessel to fine. This wine, if made agreeable to these my well experienced directions, will keep a year in bottles.

*How to improve cider, and make it perfectly fine.*

When it is first made, put six ounces of stone brimstone into a hogshead, to give it a colour ; put a gallon of good French brandy, highly tinctured with cochineal ; beat one pound of allum, and three pounds of sugar-candy, and put them to it when you stop it up ; when it is fine bottle it, and it will be perfectly good.

*How to make beer, wine, or any other liquors, fine.*

Set your vessel on two boards the length of the barrel, lay upon them a large quantity of bay salt, and fix the barrel on the salt ; let it thus stand a fortnight, and it will be perfectly fine ; this certainly clears the liquor

liquor preferable to ifing-glass, and is much neater, being only put to the outside of the vessel ; it ought at all times to be observed, that all liquors whatever ought to be fined before they begin to fret, or they will never be good.

*Compound parsley water.*

Take parsley roots four ounces, fresh horse-raddish root, and juniper berries, of each three ounces ; the tops of St. John's wort, biting arsmart, and elder flowers, of each two ounces ; the seeds of wild carrots, sweet fennel, and parsley, of each one ounce and a half ; mix these ingredients together, bruise them, and add thereto two gallons of French brandy, and two gallons of soft water ; let them steep in the still three or four days, and draw it off : this is an excellent remedy for the gravel.

*Compound horse-raddish water.*

Take the leaves of the two sorts of scurvy-grass, fresh gathered in the spring, of each six ounces ; add four ounces of brook-line

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line and water-cresses, and of horse-raddish two pounds; of fresh arum-root six ounces, winter bark and nutmeg of each four ounces, dried lemon peel two ounces, and of French brandy two quarts, and draw all off by distillation; this water is good in both dropical and scorbutic cases.

*Compound piony water.*

Take eighteen piony roots fresh gathered, six ounces of bitter almonds, the leaves of rosemary, rue, wild thyme, and flowers of lavender dried, of each three ounces; of cinnamon, cubebs, seeds of angelica, coriander seed, carraway and anniseeds, each half an ounce; one gallon of rectified spirits of wine, with five gallons of soft water, and draw off three gallons by distillation. This is good in all nervous disorders.

*Compound scordium water.*

Take of citrons, forrel, goats rue, and scordium, of each one pound, and London treacle two ounces; distil them in a limbeck, with

with two quarts of spirits of wine, and a sufficient quantity of water ; of this you may draw off one gallon.

*Anniseed water.*

Take twelve ounces of anniseeds, three gallons of proof spirits, one gallon and a half of spring water ; infuse them all night in a still, and with a gentle heat draw off what runs smooth and clear ; sweeten it with two pounds of brown sugar, and if you would have it very fine, distil it again, and add some more anniseeds,

*Carraway water.*

Take three gallons of proof spirits, and of water half a gallon ; add to them half a pound of carraway seeds bruised, distil and sweeten the juice with a pound and half of brown sugar.

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*Cardamum water.*

Take carraway seeds, coriander seeds, pimento, and lemon peel, of each four ounces ; mix them with three gallons of proof spirits, a gallon and a half of spring water ; distil them, and sweeten the water with one pound and a half of sugar.

The three foregoing waters are each of them very cheap, and a most wholesome cordial.

*Strong palsey water.*

Take the spirits of five gallons of the best old sherry sack distilled in a limbeck ; add to it cowslip flowers, the flowers of burrage and bugloss, and of the lillies of the valley, each a handful ; also rosemary flowers, sage, and betony flowers, the same quantity ; these must all be procured in their season, and put into some of the spirits aforesaid, in an open mouthed quart glafs ; let them remain in the spirits till you are ready to distil the waters, and carefully stopped up ; take lavender flow-

flowers in their season, strip them from their stalks, and fill a gallon glafs with them ; pour to them the remainder of your spirits, and cork them close as before ; let them be in the sun six weeks, and put these and the rest of the flowers in the two glaffes ; then add balm, motherwort, spike flowers, bay-leaves, and orange leaves, of each half an ounce ; cut and put them to the former flowers and spirits, and distil them together in a limbeck, and make three runnings of it ; first, a quart glafs, which will be exceeding strong ; then a pint glafs, which will be almost as good ; and then a third pint, or as much as will run, for when it runs weak, which you know by its taste and the colour being whiter, you will have drawn about that quantity ; mix your runnings together, and take citron, or the yellow rind of a lemon peel, six drachms of spice seeds, and of cinnamon one ounce, with nutmegs, mace, cardamums, and yellow saunders, of each half an ounce ; of lignum aloes one drachm ; make these into a gross powder, adding a few jujubs that are fresh, stoned, and cut small ; put these ingredients into a large sars-net bag and hang it in the water as aforesaid ;

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take two drachms of prepared pearls, of amber-grease, musk, and saffron, one scruple each; red roses dried one ounce; these may be put in a bag by themselves, and hung in the spirits as the other; close it well, that no air gets in, and let it rest six weeks; take out the water, press the bags dry, and keep the water in narrow mouthed glasses, and stop it up.

*The use of this water.*

It is so strong and powerful that it cannot be taken without the assistance of some other thing; but when dropt an crumbs of bread and sugar, you must take it the first thing in the morning, at four in the afternoon, and the last thing at night; you must not eat for an hour either before or after you take it; it is exceeding efficacious in all swoonings, weakness of heart, decayed spirits, palsies, appplexies, and both to help and prevent a fit; it will also destroy all heaviness and coldness in the liver, restores lost appetite, and fortifies and surprisingly strengthens the stomach.

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*The second water, to be made on the ingredients of the first.*

When the first water has ran what is strong, there will remain a smaller sort at the bottom of the limbeck, take and press the herbs and flowers, and put them into a gallon and a half of the best sherry, and let them stand close stopt five weeks; distil them, and let the liquor run as long as it remains strong, pour it into a glass where the sarsnet bags are, and let them be in this second liquor six weeks, close stopped; then you may use it as the former.

*Note:* This is to bathe any part affected with weakness.

### *Syrup of roses.*

Take a gallon of soft water, put it into an earthen pan, and throw in as many rose leaves as will soak it up; cover them close, set them on a slow fire, and when they begin to simmer take them from the fire and let them stand till next day; strain them, set

the liquor on the fire, and when it boils put in as many rose buds as will soak it up; let it stand till the next day, and strain it off again; repeat this, day after day, till there is not above a pint and a half of water left; put this into a long pipkin proper to make your syrup in; set it on the fire, when it boils put in a pound and a half of sugar, scum it, let it boil, and when it is cold bottle and keep it for use.

*Syrup of colts-foot.*

Take of colts-foot six ounces, maiden hair two ounces, hyssop one ounce, liquorice-root one ounce; boil them in two quarts of spring water till one fourth is consumed, then strain it, and put to the liquor two pounds of fine powder sugar; clarify it with the whites of eggs, and boil it till it is nearly as thick as honey.

*Balsamic syrup of tolu.*

Take six drachms of the balsam of tolu, and boil it to twenty ounces of spring water till the half is consumed, taking care not to scum

scum them ; then add twenty ounces of the best refined sugar, make it to a syrup without further boiling, and when it is cold strain it off.

*Syrup of tolu.*

Boil half an ounce of pearl barley in three several waters, strain off the last water, and when it is settled, take three pints of it and two ounces of tolu ; let it simmer till almost a pint is wasted, and put in two pounds of half sugar, boiling it gently to a syrup to what thickness you please, and when almost cold strain it.

*Syrup of mulberries.*

Take the clear juice of mulberries, to each quart of clear juice put one pound of white sugar, and make it into a syrup over a slow fire.

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*Syrup of poppies.*

Take two pounds of corn-poppy flowers, and four pounds of warm spring water; let them stand to infuse twenty-four hours, then strain them, and add fresh flowers to the water, letting the water be warm when you put them in; let them stand close covered till next day, strain it off, and with an equal quantity of sugar boil it to a syrup.

*Syrup of violets.*

Take one pound of fresh pickled violets, boil five half pints of soft water, and pour it over the violets; let it stand close covered in a well glazed earthen vessel for twenty-four hours, and dissolve in it twice its own weight of white sugar, so as to make a syrup without boiling.

*Syrup of clove jilly-flowers.*

Gather the flowers early in the morning, pick them clean, and cut the white from the red;

red ; to a quart of flowers put two quarts of spring water, let it stand for two days in a cold place, and after boil it till it come to a quart ; strain it off, and put in half a pound of double-refined sugar, and boil it up again for three or four minutes ; pour it into a china bowl, let it stand to cool, and when it is quite cold scum it, put it into bottles, cork them well, and tie them down with leather.

*Syrup of buckthorn.*

Gather your berries in the heat of the day, and set them in an earthen pot into the oven ; then squeeze out the juice, and put the juice of one peck of berries to two pounds of Lisbon sugar, and boil them together a quarter of an hour ; then let it cool, and bottle it.

*Syrup for a cough or asthma.*

Take a handful of unfet hyssop, a handful of colts-foot flowers, a handful of black maiden hair, and two handfuls of white horse hound ; boil these in three quarts of water,

water, and when half is boiled away take it off, and let the herbs stand in it till they are quite cold ; squeeze the herbs very dry, strain the liquor, and boil it a quarter of an hour ; scum it well, and to every pint put in half a pound of white sugar, and boil it ; when it becomes a syrup, put it to cool, and bottle it off ; do not cork the bottles, but tie papers over them , this is an exceeding fine syrup for a cough, by taking a spoonful both night and morning, and one when ever the cough is troublesome.

*A second syrup.*

Take one ounce of conserve of roses, one ounce of brown sugar candy, and two of raisins of the sun, cleared of their stones ; to these add some flower of brimstone, mix them together, and take a spoonful night and morning.

*Syrup of balsam.*

Put an ounce of balsam of tolu into a quart of spring water, and boil them two hours ; put in a pound of white sugar-candy finely

finely beat, and boil it half an hour longer; take out the balsam, strain the syrup twice through a flannel bag, and when it is cold bottle it; this syrup is excellent for a cough, by taking a spoonful at night, and a little whenever your cough is troublesome.

### Barley syrup.

Take a pound of fresh barley, put it in water, and when it boils throw the water away; so do a second water; put to the barley a third water, the quantity of six quarts, and boil it while one third is consumed; strain out the barley, and put to the water a handful of scabious, tormentil, hyssop, agrimony, hare-hound, maiden hair, fanicle, and betony; burage, bugloss, rosemary, marigolds, sage, violets, cowslips, of these a pint each when picked; a pound of raisins of the sun stoned; half a pound of figs cut; a quarter of a pound of dates stoned, and the white skin next the stone taken off; half a pound of green liquorice; caraway seeds, fennel seeds, and anniseeds, of each one ounce; hartshorn, ivy, elecampane roots, of each one ounce; fennel roots, asparagus roots, couchgrass roots, polipodium roots,

oak-parsley roots, of each one handful ; after they are cleaned, bruise the liquorice and seeds, and slice your roots ; put the aforesigned ingredients into your barley water, let them boil very softly close covered twelve hours, afterwards strain it and press the juice from the ingredients, and let it stand twenty-four hours ; take the liquor off clear, and add to it half a pint of damask-rose water, and half a pint of hyssop water, with a pint of the juice of colts-foot clarified ; a drachm of saffron, three pints of the best virgin honey, and as many pounds of sugar as there are quarts of liquor ; boil this an hour, and a half, keeping it clean scum'd, then bottle it, cork it well, and preserve it for your own proper use.

*Note* : This syrup is good for an old cough ; and three spoonfuls, night and morning, mixed with the same quantity of wine or sack, is sufficient to take.

*A second way to make syrup of violets.*

Pick the violets from the greens, and sift them clean; then to every four ounces of violets add half a pint of water and one pound of coarse sugar; first take the water and put into it half the sugar; set it over the fire, clarify and scum it well; stamp your violets in a marble mortar, and when they are well beat, infuse them in the clarified syrup for some time, minding the syrup is not too hot when you put in the violets; when they have infused a while strain them, and preserve some of the juice in another vessel, and let it stand by; put in the rest of the sugar, set it again on the fire, scum it and keep it stirring; when it hath boiled softly some time, put in the rest of the juice, and one drop of the juice of lemon; set it once more, for a small time on the fire, and when cold put it up for use.

*Syrup of marsh-mallows.*

Take of the fresh roots of marsh-mallows two ounces, and parsley roots one ounce;

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liquorice root, the tops of mash-mallows and mallows, and figs, of each half an ounce; raisins stoned two ounces; sweet almonds blanched one ounce; let all these steep one day in three quarts of clear barley water, and boil it to two quarts; press out the decoction, and when grown fine by standing in the liquor, dissolve one ounce of gum arabic, and four pounds of fine sugar, and make it into a syrup.

*Another way.*

Take four ounces of mash-mallow roots, grass roots, asparagus roots, liquorice, raisins stoned, of each half an ounce; the tops of mash-mallows, pellitory, pimpernel, saxifras, plantain, maiden-hair, white and black, of each one handful; red sisars, one ounce of each; bruise all these, and boil them in three quarts of water while they come to two; then put to it four pounds of white sugar to make it a syrup, and clarify every pint with the white of an egg, or ising-glaſs.

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*Syrup of saffron.*

Take a pint of balm water and a pint of the best Canary, half an ounce of English saffron; open the saffron, and put it into liquor to infuse, and let it stand close covered so as to be hot and not boil, and continue so for twelve hours; then strain it out as hot as you can; and add to it three pounds of double-refined sugar, and boil it till it is well incorporated; when cold bottle it; a spoonful in any simple water or wine is a high cordial.

*Syrup of buckthorn.*

Take three quarts of the clarified juice of buckthorn berries, four pounds of brown sugar; make them into a syrup over a gentle fire, and, while it is warm mix it with a drachm of the distilled oil of cloves dissolved on a lump of sugar, for it will not dissolve in the syrup.

*Note:* Take great care you have the true buckthorn, as there are many spurious ones; they may be known by the num-

number of seeds; the genuine buckthorn having four; the alder buckthorn has only two, and the cherry buckthorn one only.

*Another syrup for a cough or asthma.*

Take pennyroyal and hyssop water, of each half a pint, slice to them a small stick of liquorice and a few raisins of the sun stoned; let them simmer a quarter of an hour, and make it into a syrup with brown sugar-candy; boil it a little, and then put in four or five spoonfuls of snail water, and give it a second boil; when it is cold bottle it, and take a spoonful morning and night, with three drops of balsam of sulphur put into it.

*Another, and a valuable one.*

Take a handful of maiden-hair, a handful of oak-lungs, and a handful of fresh moss; boil these in three pints of spring water till it comes to a quart; strain it out, and put to it six pennyworth of saffron tied up in a rag, adding thereto a pound of brown sugar-candy;

candy; boil the liquor up to a syrup, and when cold bottle it.

*Note:* You may take a spoonful of this syrup, as often as you find your cough troublesome.

There are many more syrups, but too many for this book; but these mentioned are the most choice ones, not only in themselves, but as the directions in them contained, are an invariable guide to the Lady in the other various kinds of syrups.

*To make conserve of hips.*

Gather your hips before they grow soft, cut off the heads and stalks, slit them in half, and take out all the seed and white; put them in an earthen pan, stir them every day lest they grow mouldy, and let them stand till they are soft enough to rub through a coarse hair sieve; they are a dry berry and rub through with some difficulty; add to them their weight in sugar, and mix them well

well together without boiling, keeping it in gallypots for use.

*Conserve of red roses.*

Take red-rose buds, bruise them in a marble mortar, adding by degrees fine powder sugar sifted, to the quantity of three pounds ; beat them till no particles arise, and till the whole becomes a firm and solid mixture.

*Conserve of orange peel.*

Take the clear rind of oranges, steep them in water of a moderate heat till they are tender ; then strain the water from them, pound them in a marble mortar, and strain them through a sieve ; then bring the pulp to a proper consistence over a gentle fire, and add to it thrice its quantity of sugar, and let it be reduced into a conserve by beating it in a mortar.

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### Conserve of quince.

Pare the quince, take out the coars and feeds, then cut them into small pieces, boil them till they are soft; to eight pounds of quince put in six pounds of sugar, boil them to a consistence.

### To make robe of elder.

Take a peck of elderberries and bake them in an earthen pan, squeeze the juice out, and put it in a silver or tin stew-pan, then set it on a gentle fire, it will be three days stewing; you must stir it often, and when you see it so thick that you may cut it with a knife it is enough, then put it in gallypots for use, whilst it is hot.

### To make spirit of clary.

Take a gallon of good sack, a pint of the juice of clary, a pound of clary-flowers, as many clove-jilly-flowers, and half as many arch-angel-flowers, as many comfry-flowers, and as many flowers of lillies of the valley,

let these steep in the sack all night, then put it into a glass still, the softer it distils, the stronger 'twill be; you must take great care to keep in the spirit, by pasting the still every where; let it drop through a bag of good ambergrease upon as much sifted white sugar-candy as you think will sweeten it; 'tis a very high cordial.

*To make spirit of carraways.*

To a quart of true spirits of sack, put two pounds of good smooth sugared carraways, bruise them, and put them into a bottle, with a grain of the best ambergrease, pour the spirit on them, and seal the cork very close; set it in the sun for a month, strain it off, and keep it always close stopt for use.

*Cordial of black cherry water.*

Take two quarts of strong claret, and four pounds of black cherries full ripe, stamp them, and put them to the wine, with one handful of angelica, one handful of balm, and as much carduus, half as much mint, and

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as many rosemary flowers as you can hold in both your hands; three handfuls of clove-jilly-flowers, two ounces of cinnamon cut small, one ounce of nutmegs; put all these into a deep pot, let them be well stirred together, then cover it so close that no air can get in, let it stand one day and a night, then put it into your still, which you must also paste close, and draw off as much as runs good, sweeten it with sugar-candy to your taste.

*A very rich cherry cordial.*

Take a stone pot that has a broad bottom, and a narrow top, and lay a row of black cherries and a row of very fine powdered sugar, do this till your pot is full, measure your pot, and for every gallon it holds, put a quarter of a pint of true spirit of wine; you are to pick your cherries clean from soil and stalks, but not wash them; when you have thus filled your pot, stop it with a cork, and tie first a bladder, then a leather over it; and if you fear it is not close enough, pitch it down close, and then bury it in the earth six months, or longer; then strain it

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out, and keep it close stopped for your use ; it will revive when all other cordials fail.

*The following receipts were sent to the author, when the book was just printed, by a great house-keeper, with many more, too numerous to insert in this book, as it would swell it to too large a size.*

*To make rhubarb tarts.*

Take stalks of English rhubarb, that grow in the gardens, peel and cut it the size of gooseberries; sweeten it, and make them as you do gooseberry tarts: how to make the crust you have in the Art of Cookery.

These tarts may be thought very odd, but they are very fine ones and have a pretty flavour; the leaves of rhubarb are a fine thing to eat for a pain in the stomach, the roots for tincture, and the stalks for tarts.

*Angelica*

*Angelica tarts.*

Take the stalks, peel them, cut them into little pieces, pare some golden-pippins or nom-pareils, of each an equal quantity ; first take away the parings of the apples and the coars, boil them in as much water as will cover them, with a little lemon peel and fine sugar till it is like a very thin syrup, then strain it off, and set the syrup on the fire again with the angelica, let it boil about ten minutes, then when the crust is ready, lay a sliced apple and a layer of angelica, so on till the pattypans are full, and bake them, filling them first with the syrup.

*To preserve damfins or bullace.*

Put your damfins in a pot, to two quarts put a pound of fine sugar, and bake them in a slow oven two hours, then set them in a cool place a week, and pour over them as much rendered beef suet as will be an inch thick, it must be put on hot every time you take any out; and they will keep all the year.

*Another*

*Another way to do them.*

Make a syrup of water and sugar, gather the fruit before they are ripe, and put them into the cold syrup; then set them on a slow fire, and keep them stirring gently round, till they are a little coddled, but not broke, put all into a pot that has a little mouth, and when cold, pour on more, till it is an inch thick on the top, and set it by.

*To make anniseed biscuits.*

To every twelve pounds of dough, put twenty ounces of butter, a pound of sugar, two ounces of anniseeds, with a little rose water, and what spice you think fit, and bake it in a moderate oven.

*To keep gooseberries.*

Gather them on a very fine day when full grown, before they are ripe, pick them, have ready nice clean bottles, fill them to the neck, then cork them, and rosin the top of the bottle that no air can get into it, then

then set them in a kettle of water, up to the neck, over a slow fire; when the water is scalding hot, take out the bottles, and the next day dig a hole in the earth, and put your bottles in; cover them up with the earth again, and keep them for winter; some keep them only in a dry place, but the earth keeps them better.

*A very rich almond-cream, called steeple-cream.*

Make a very strong jelly of hartshorn; and that it may be so, put half a pound of good hartshorn to five pints of water; let it boil away near half; strain it off through a jelly-bag; then have ready, beaten to a very fine powder, six ounces of almonds, which must be carefully beat up with one spoonful of orange-flower water, with six or eight spoonfuls of very thick cream: then take near as much cream as you have jelly, and put both into a skillet, and strain in your almonds, sweeten it to your taste with double refined sugar; set it over the fire and stir it with care constantly 'till 'tis ready to boil; so take it off, and keep it stirring 'till it is near cold; then pour it into narrow-bottom'd drinking-

drinking-glasses, in which let it stand a whole day; when you would turn it out, put your glasses into warm water for a minute, and it will turn out like a sugar-loaf.

*To make orange-posset.*

Squeeze the juice of two Seville oranges and one lemon into a china basin that holds about a quart, sweeten this juice with the syrup of double refined sugar, put to it two spoonfuls of orange flower-water, and strain it through a fine sieve, boil a large pint of cream, with some of the orange peel cut thin; when it is pretty cool, pour it into a basin of juice through a flannel, which must be held as high as you can from the basin, it must stand a day before you use it; when it goes to table, stick slips of candied orange, lemon, and citron peel on the top.

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*To make black caps, the best way.*

Take a dozen and a half of very large French pippins, or golden rennets, cut them in half and lay them with the flat side downwards ; lay them as close to each other as you can, press the juice of a lemon into two spoonfuls of orange-flower water, and mix them all together ; shred some lemon peel into it, and grate some double-refined sugar over it ; put them into a quick oven, and half an hour's baking will be sufficient.

*To make Newport cream cheese.*

You must get a vat made a quarter and a half high, the bottom nor top must not be fastened, and it must be made four square, with holes all over them ; then take two quarts of good thick cream, two quarts of stroakings, and a gallon of new milk, and set it with runnet, as for common cheese ; when it is come, take out the curd with a China saucer, and put it into the vat, strewing a little clean dry salt thereon ; fill up the

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vat, till all the cheese is in, press it as other cheese, let it stand in the vat two or three days, till all is out, and turn'd often while it is in ; salt it two days ; when you take it out you must let it dry without rubbing, and make it in May : if you desire it exactly four square, let the vat be full a quarter and a half high, and the square want an inch of a quarter.

*To make a pretty sort of flummery,*

Put three large handfuls of oatmeal ground small, into two quarts of fair water, let it steep a day and night, then pour off the clear water, and put the same quantity of fresh water to it ; strain it through a fine hair sieve, and boil it till it is as thick as hafty pudding ; stir it all the while, that it may be extremely smooth, and when you first strain it, before you set it on the fire, put in one spoonful of sugar, and two of good orange flower water, when it is boil'd enough, pour it into shallow dishes for your use.

To

*To make cracknels.*

To a quart of flour take a pound of butter, half a nutmeg grated, the yolks of four eggs beat, with four spoonfuls of rose water; put the nutmegs and eggs into the flour, and wet it into stiff paste, with cold water, then rowl in the batter and make them into shape; put them into a kettle of boiling water, when they swim, take them out with a skimmer, and throw them into cold water; when they are harden'd lay them out to dry, and bake them on tin plates.

*Right Dutch wafers.*

Take four eggs, and beat them very well; then take a good spoonful of fine sugar, one nutmeg grated, a pint of cream, and a pound of flour, a pound of butter melted, two or three spoonfuls of rose water, and two good spoonfuls of yeast; mix all well together, and bake them in your wafer-tongs on the fire, or in an oven.

*The Nun's bisuit.*

Take the whites of six eggs, and beat them to a froth, take also half a pound of almonds, blanch and beat them with the froth of the whites of your eggs as it rises ; than take the yolks with a pound of fine sugar ; beat these well together, and mix your almonds with your eggs and sugar ; then put in a quarter of a pound of flour, with the peel of two lemons grated, and some citron finely shred ; bake them in little cake pans in a quick oven, and when they are colour'd turn them on tins to harden the bottoms ; but before you set them in the oven again, strew some double refined sugar on them finely sifted ; remember to butter your pans, and fill them but half full.

*To make oil of eggs.*

Take eight large eggs, and new laid, boil them hard ; then take the yolks out ; be careful not to put any white of the eggs in, and break them small, and let them stand to be cold ; then have a quick fire ready, and put them in an iron ladle, with a bit of hog's lard, the bigness of a walnut ; you must

must stir it with a stick cut flat at the end, and when it begins to melt, keep stirring as fast as you possibly can ; in a moment before it turns to oil, it will dry ; you must have a cup ready to pour it in as fast as you see a drop of oil come, with that quantity of eggs you will have a tea cup of oil, if you stir quick, if not, you will not see a drop of oil.

*To make tumbles.*

To a pound of fine flour, a pound of double refined sugar, and two ounces of coriander seeds, the yolks of two eggs, and wet it stiff with a little rose water ; then roll them out the bigness of your finger, and make them in the form of a figure of eight ; then put them on tins and bake them in a slow oven ; watch them all the time, about ten minutes will bake them.

*To make currant shrub.*

Take white currants full ripe, mash them with your hands, then strain them through a hair sieve, and to one gallon of rum or brandy, put five pints of the currant juice, and a pound of lump sugar ; cover it up close, and let it stand two or three days, stirring it twice

twice a day ; then run it through a jelly bag : it is best to put half the spirits to the juice, and add the other half when you bottle it off.

*To preserve beet roots.*

Boil your beet roots for four hours, till you see it quite soft ; then make a syrup of a pint of spring water and half a pound of sugar, and boil the beet root in it, for a quarter of an hour ; then put it in gallipots for use. When you want to use them for sauce, soak them in warm water for ten minutes or more, and slice them into oil and vinegar.

*To dry artichoaks red.*

Boil your artichoaks in water till you see they are soft ; then take them out, and pound some cochineal very fine, and mix in fresh water, and boil them again a quarter of an hour ; then dry them in bags for a quarter of an hour.

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*To preserve apples red all the year.*

Get a dozen of pippins or pearmanes, pare them, put a quart of water to them, one pennyworth of cinnamon stick, grate part of a lemon rind, and some cochineal steep'd in water, half a pound of loaf sugar; then send them to the oven, tie over them a paper, and after that coarse paste; don't forget to scope a hole in the middle of the apples to let the liquor through them; let them stand in a slow oven, when you think they are enough, take them out of the oven, take off the paper, and let them stand in the syrup; in the morning drain it from them, and put to it a little water, a pound, or a pound and a half of sugar, as you would have a quantity of syrup for them, and when you have scum'd them well, clear it with the white of an egg, when that is done put in your apples again, and let them boil in the syrup till it be clear; then put in as much cochineal as will make them of a good colour; sometimes take the apples out least they should break, and let the syrup be boiling and scum it often; when your apples are half enough, let them stand in the syrup all night,

night, and in the morning set it over the fire, which must be of charcoal ; let it boil up, then take the apples out, and put them in again ; when your syrup is boil'd to a thickness for keeping, and your apples a good colour, shred your lemon peel, and put in it half an ounce of candid orange cut in thin slices ; put your apples into the pot you design to keep them in, and when your syrup is half cold put it on your apples, and put them up for use.

*To pickle colliflowers red.*

Get the best you can, let your water boil with a little salt in it, then put in your colliflowers, the faster it boils the whiter it will be, do not let it be to much done ; then let it cool, and prepare your pickle ; for red, you must take alliga, salt, and some of your colouring, and spice in it ; if you would have them white, take white wine vinegar, salt and spices, having the white of your colliflower ; your pickle being cool, you put them into it keeping them for use.

*To*

*To pickle turnips.*

Pare and cut them in slices, put them into boiling water, and let them boil a little while, but not too much, take them out and cut them into what form you please; then put them into alegar and salt for some days; then take them out and wipe the pickle from them, boil the alegar and some of your colouring with spices, and when they are cold put them together, and keep them for use.

*To make violet drops.*

Take an ounce of violets and cut the whites from the leaves, and prick them very well, a quarter of a pound of sugar, as much water as will make a candy; when your candy is ready, put in your flowers, and let them just have a boil; then drop them on paper and they will grow hard soon.

*To get mildew out of linen.*

Scrape some chalk and mix it pretty thick with water, dip the cloth in it, and hang it in the sun to dry, repeat this till it is out.

*To make clove-jilly-flower wine.*

To every gallon of water add two pounds and a half of sugar, boil it half an hour, scum it well, and pour it boiling hot upon the flowers, picked all from the stalks, let it stand till cold ; then put in four or five spoonfuls of yeast, or according to the quantity you make ; let it stand three days, stir it every twelve hours ; when you barrel it, strain it through a flannel, stop it close and bottle it in three weeks ; put into every bottle a clove and bit of sugar ; don't cork it close for some time.

*To pickle carrots.*

Take them of a middle size, the yellowest you can get, half boil them, and cut them in what shape you please, and let them lie to cool ; then take as much vinegar as will

cover

cover them, boil a pennyworth of saffron in a bit of musling, with a little salt ; when your pickle is cold put them into a pot, cover them up close, let them stand all night, then pour out the pickle, and boil it with Jamaica pepper, mace, cloves, and salt ; when cold pour it on the carrots, and keep it for use.

*To keep walnuts all the year moist.*

Gather your nuts in a very dry day, and take care they don't lay on the ground to be bruised ; as you gather them, put them into a deep earthen pot, when full, cover them with a paper, and then with a leather, and over that a wet bladder ; set them in a dry place.

SEVERAL families have desir'd I would in my Book of Confectionary, give them a few bills of fare of little deserts, fit for private families; but as it is a thing depends entirely on fancy, and indeed, what they have to set it out with, and the season of the year for fruits, &c. I am at some loss how give to directions in writing; but as it may be a little guide to the young and unexperienc'd, I have given them in the best manner I can, agreeable to the method they are now set out; ice cream is a thing us'd in all deserts, as it is to be had both winter and summer, and what in London is always to be had at the confectioners.

Giving directions for a grand desert would be needless, for those persons who give such grand deserts, either keep a proper person, or have them of a confectioner, who not only has every thing wanted, but every ornament to adorn it with, without giving any trouble to the family, when supposed to be taken up with other affairs; though every

every young lady ought to know both how to make all kind of confectionary and dress out a desert; in former days, it was look'd on as a great perfection in a young lady to understand all these things, if it was only to give directions to her servants; and our dames of old, did not think it any disgrace to understand cookery and confectionary.

But for country ladies it is a pretty amusement, both to make the sweet-meats and dress out a desert, as it depends wholly on fancy and but little expence.

### Lemon Cream

Peaches.

Plumbs

Plain ice  
cream.

A large dish  
with figures  
and grafs or  
mofs about  
it, and  
flowers  
only for shew.

Rasberry ice  
cream.

Apricots.

Nectarins.

Syllabubs.

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well drest wond'rous to see what comes next  
elsewhere his friend. Peaches in brandy.

Colour'd  
wafers.

Heart  
biscuit.

A dish or  
salver, a  
dish of  
jellies, in-  
termix'd  
with wet  
sweat-  
meats.

Savoy biscuit.

Compote of  
chesnuts.

White wafers.

Morella cherries  
in brandy.

---

A ghizzard cream.

Lemon cream  
in glasses.

Colour'd sweat-  
meats in glasses.

Ratafia drops

High flowers,  
images, &c.  
dress'd with  
grafts, moss,  
and other or-  
naments ac-  
cording to  
fancy.

Spunge biscuits.

Wet sweat-meats  
in glasses.

Jellies.

A floating island

The above middle frame should be made either in three parts or five, all to join together, which may serve on different occasions on which suppose gravel walks, hedges, and variety of different things, as a little Chinese temple for the middle, or any other pretty ornament; which ornaments are to be bought at the confectioners, and will serve year after year; the top, bottom and sides are to be set out with such things as are to be got, or the season of the year will allow, as fruits, nuts of all kinds, creams, jellies, whip syllabubs, biscuits, &c. &c. and as many plates as you please, according to the size of the table.

All this depends wholly on a little experience, and a good fancy to ornament in a pretty manner; you must have artificial flowers of all sorts, and some natural out of a garden in summer time do very well intermix'd.

As ghizzard cream is not in the fore part of the book, I shall give it here: take the skins of three large ghizzards of fowl or turkey; put them into a quart of cream, sweeten it

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it and spice it as you like, boil altogether, then strain it into your dish, and it will be fine and thick.

Lemon cream.

Peaches.

Plumbs.

A dish only  
for shew,  
with figures,  
&c. &c.

Raspberry  
cream.

Apricots.

Nectarins.

Syllabubs.

Ice cream.

Fruit.

Fruit.

One large dish  
in the middle  
of jellies,  
cream,  
and  
Syllabubs

Fruit

Fruit

Ice cream of  
different sorts.

C O N F E C T I O N E R. 257

Jellies and biscuits.

Dry'd apples.

Chefnuts.

Sweat  
meats  
wet and  
dry.

Almonds and  
raisins.

Stew'd  
pears.

Jellies and biscuits.

---

Stew'd pippins  
with thick cream  
poured over them:

Pot oranges.

Postatia nuts

Wet and dry  
sweet meats,  
and jellies  
both red and  
white, in-  
termix'd,  
adorn'd  
with flowers.

Ice cream.

Ice cream.

Walnuts.

Ratafia cakes.

Pears stew'd purple  
with fine  
ratafia cream.  
pour'd over them.

## Ice cream

Fruit.

Fruit.

Two salvers one  
above another,  
whip'd syllabubs  
and jellies inter-  
mix'd with crisp'd  
almonds, and  
little ratafia  
cakes, one little  
one above all,  
with preserv'd  
orange or pine  
apples, little  
bottles with  
flowers to adorn'd  
it, and knicknacks  
strew'd about the  
salver.

Creams.

Little cakes.

Fruit.

Fruit.

Large Seville  
oranges sliced  
with double re-  
fined sugar  
strow'd over

Almonds  
and raisins.

Ice cream,  
different colours.

C O N F E C T I O N E R. 259

Ice cream.

Stewed pippins Little pot oranges.

Compote of pears A Grand Compote of chefnuts  
Trifle.

Postatia nuts. Nonpareil

Ice creams,  
different colours.

---

Jellies.

Fruit. Fruit.

Almond A high falver  
flummery. with syllabubs,  
a little rais'd  
above  
with a pre-  
served orange  
or lemon.

Fruit. Fruit.

Jellies.

## Whip'd syllabubs.

Bloomage,  
stuck with  
almonds.

Ice cream.

Chesnuts.

Two salvers  
one above an-  
other, on the  
bottom one  
jellies, the  
top a large  
glaſſe cup co-  
ver'd with  
rasberry  
cream.

Dry'd  
cherries

Ice cream.

Almond flummery.

## Whip'd syllabubs.

As to all sorts of little biscuits, almonds, knicknacks,  
threwed in the middle of the falver, or wet sweet-meats  
in little glasses; you intermix'd it according as you fancy.

CONFECTIONER. 261

Whip'd syllabubs.

Golden  
pippins.

Filberts.

Chesnuts.

Jellies, lemon  
cream, and  
sweet-meats  
both wet and  
dry, piled up  
on falvers  
with crisp'd  
almonds, and  
knicknacks.

Large oranges  
slic'd and  
sugar strew'd  
over.

Plumbs.

Nonpareils

Bloomage.

Ice cream.

Whip'd syllabubs.

Lemon cream

Dry'd cherries.

Dry'd plumbs.

Jellies

Winter pears.

Grapes.

Postalia nuts.

Almonds  
and raisins.

Almond flummery.

Jellies.

Peaches.

Nectarins.

Filberts.

Green gages.

Whip'd  
syllabubs.

Creams.

Almond  
flummery

Cherries.

Walnuts.

Fine pears.

Grapes.

Jellies.

Ice cream.

Filberts.

Dry'd plumbs.

Grapes.

Floating  
island.

Pears.

Nonpareils.

Walnuts.

Ice cream.  
different colours.

**Ice cream, different colours.**

**Whip'd syllabubs.**

**Clear jellies.**

**Lemon cream  
in glasses.**

In the middle a  
high pyramid  
of one falver  
above another,  
the bottom one  
large, the next  
smaller, the  
top one less ;  
these falvers  
are to be fill'd  
with all kinds  
of wet and dry  
sweet-meats

in glafs, baskets  
or little plates,  
colour'd jellies,  
creams, &c.  
biscuits, crisp'd  
almonds and

little knicknacks,  
and bottles of  
flowers prettily  
intermix'd, the  
little top falver  
must have a large  
preserv'd Fruit  
in it.

**Golden  
pippins.**

**Bloomage stuck  
with almonds.**

**Bloomage stuck  
with almonds.**

**Postalia nuts.**

**Almonds  
and raisins.**

**Lemon cream  
in glasses.**

**Clear jellies  
in glasses.**

**Whip'd syllabubs.**

**Ice cream, different colours.**

Jellies.

Peaches.

Nectarins.

Filberts.

Green gages.

Whip'd  
syllabubs.

Creams.

Almond  
flummery

Cherries.

Walnuts.

Fine pears.

Grapes.

Jellies.

Ice cream.

Filberts.

Dry'd plumbs.

Grapes.

Floating  
island.

Pears.

Nonpareils.

Walnuts.

Ice cream.  
different colours.

Ice cream, different colours.

Whip'd syllabubs.

Clear jellies.

Lemon cream  
in glasses.

In the middle a  
high pyramid  
of one falver  
above another,  
the bottom one  
large, the next  
smaller, the  
top one less ;  
these salvers  
are to be fill'd  
with all kinds  
of wet and dry  
sweet-meats

Nonpareils.

in glass, baskets  
or little plates,  
colour'd jellies,  
creams, &c.  
biscuits, crisp'd  
almonds and  
little knicknacks,  
and bottles of  
flowers prettily  
intermix'd, the  
little top falver  
must have a large  
preserv'd Fruit  
in it.

Bloomage stuck  
with almonds.Bloomage stuck  
with almonds.

Postalia nuts.

Almonds  
and raisins.Lemon cream  
in glasses.Clear jellies  
in glasses.

Whip'd syllabubs.

Ice cream, different colours.

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Lemon cream, in glasses.

Peaches

Nectrines.

Ice cream.

Walnuts.

Grapes.

Golden pippins.

Two large sal-  
vers in the  
middle one a-  
bove another,  
in the top  
whip'd syllas-  
bubs, a garland  
of flowers rais'd  
above them, the  
bottom one  
fill'd with clear  
jellies.

Almond flum-  
mery stuck  
with almonds.

Almond flum-  
mery stuck  
with almond.

Filberts.

Nonpereils.

Pears.

Ice cream.

Apricots.

Plumbs.

Lemon cream, in glasses.

*Note,* You are to alter the side plates as you think proper, or with such fruit and things as you can get.

C O N F E C T I O N E R. 265

Whip'd syllabubs.

Filberts

Ratafia cakes..

Jellies

A large dish of  
fruit of all sorts,  
piled up, and  
set out with  
green leaves.

Jellies.

Ratafia cakes.

Filberts.

Whip'd syllabubs.

---

Raberrice cream.

Walnuts.

Nonpereils.

Green  
grapes,  
and black

Jellies piled up  
on two salvers,  
a large glafs in  
the middle.

Black  
grapes,  
and green.

Pears.

Filberts.

Goosberry fool.

M m

## Peaches and Nectarins.

Walnuts.

Plumbs.

Grapes.

Jellies, and  
cream in-  
termix'd.

Grapes.

Currants.

Filberts.

## Peaches and Nectarins.

## Rasberries.

Filberts.

Goosberries.

Sugar.

Small biscuits.

Red  
cherries.Two salvers  
one above an-  
ther ; on the  
top cream, in a  
large glass bowl.  
the bottom  
jellies.Black  
cherries.Small  
biscuits.

Sugar.

Currants

Filberts.

## Strawberries.

Almond flummery,  
stuck with almonds,

Sugar  
in plates.

Postalia  
nuts.

Almond  
cream in  
cups.

One large silver in the middle fill'd with jellies and whip'd fullabubs, and a garland of flowers meeting a lover.

Small  
cheese cakes,

## Ratafia cakes.

Sugar.  
in plates.

A basin of cream.

To keep walnuts all the year.

Take your walnuts full ripe, and peel them ; then dry them well in the sun for a week or more, rub them often with a cloth till you see no mould on them ; then keep them in a bag, in a dry place, and when you want any for a desert, crack and peel them quite clean, but take care that you keep the nut whole, or in quarters ; then put them in some spring water, warm as

M m z you

you may bear your finger in ; let them stand three or four hours, then shift them in cold spring water, and let them stand all night ; the next day, when you go to set your dessert put them in glasses, and they will be crisp and fine as when fresh gathered.

*To make oil of filberts.*

Take the large Barcelona filberts, crack them, heat a pair of tongs red hot, and hold the kernel in them tight over a cup, and out of one nut you will have three or four drops of oil ; heat your tongs every time you take a fresh nut, and with a pint of nuts you will have half a small tea-cup full of oil.

*To make oil of paper.*

Take a sheet of strong writing paper, and roll it cross ways, roll a large pin in the corner for the oil to drop out, set the top a fire, and hold it over a cup, and there will come out three or four drops.

*Compound*

*Compound of oils for family uses, are made of oil of olives, and other simples, herbs, flowers, roots, &c.*

The way of making them is thus ; having bruised your herbs or flowers, you would make your oil of, put them in an earthen pot, and to two or three handfuls of them pour on a pint of oil, cover the pot with paper, set it in the sun about a fortnight or less, according as the sun is in hotness ; then having warm'd it very well by the fire, take out the herbs and press them very hard, adding the oil that comes out to the other in the pot ; put in as many more herbs, set them in the sun as before ; the oftener you repeat this, the stronger your oil will be : at last when you conceive it strong enough, boil both herbs and oil together, I mean, the last herbs, till the juice be consumed, which you will know by its leaving its blushing, and the herbs will be crisp ; then strain it whilst it is hot, and keep it in a stone bottle, or a glass vessel for use.

To

*To make syrup of water cresses.*

Take a peck of water cresses, bruise them a little, put two quarts of water to them, and let them stand twenty four hours; boil them up for a little while; then squeeze them, and put in a pound of the finest sugar you can get, and boil it together till it comes to a quart; be careful not to boil it in a copper saucepan, and when it is cold put in half a pint of good rum, and bottle it for use.

*To make a syrup of nettles.*

Take a quantity of nettles and pound them, and squeeze them through a cloth: to a pint of juice add half a pound of Lisbon sugar and boil it half an hour; then cool it and bottle it off.

*To keep green peas all the year.*

Gather your peas young, and on a very fine dry day; when the water boils put in your peas, give them two or three boils and drain them; then throw them on a cloth till

till quite dry ; have ready clean bottles, fill them up to the neck ; then pour in some beef suet, cork the bottles, tye them down with a bladder and a leather, and dig a hole in the earth, put them in, and cover them till Christmas ; or while you want to use them, and let your water boil ; put in a piece of butter, and some coarse sugar.

*To keep kidney beans.*

Gather them of a dry day, dry them in the sun, and keep them in papers, in a dry place, and before you use them, lay them in warm water.

*To make ice.*

Put in a pail of water, one ounce of sal almoniac, and it will all turn to ice ; but if the salts are not right it will not do.

*To make eau de luce.*

Oil of amber one ounce, high rectified spirit of wine four pounds ; put them into a bottle and let them stand four or five days, shaking the bottle often ; then put into this spirit-

spirit put four pounds of the choicest amber, finely powder'd, and let it digest three days, then you will have a rich tincture of amber fit for use.

That being made, take sixteen pounds of strongest spirit of sal armoniac, and add it to the above tincture, with eight pounds of high rectified spirit of wine.

*How to use the ordinary still.*

You must lay the plate, then wood-ashes thick at the bottom; then the iron pan, which you are to fill with your ingredients and liquor; then put on the head of the still, make a pretty brisk fire, till the still begins to drop; then slacken it so as just to have enough to keep the still at work, mind all the time to keep a wet cloth all over the head of the still to keep in the steam thereof, and always observe not to let the still work longer then the liquor is good, and take great care you do not burn the still; and thus you may distil what you please; if you draw the still too far, it will burn, and give your liquor a bad taste.

To

*To make plague water.*

Roots.	Flowers.	Seeds.
Angelica,	Wormwood,	Hart's-tongues.
Dragon,	Suckery,	Whorehound,
Maywort,	Hyssop,	Fennel,
Mint,	Agrimony,	Melolet,
Rue,	Fennel,	St. John-wort,
Carduus,	Cowslips,	Comfrey,
Origany,	Poppys,	Featherfew,
Winter-savoury,	Plantain,	Red rose-leaves,
Broad thyme,	Setfoyl,	Wood-forrel,
Rosemary,	Bugloss,	Pillitory of the wall,
Pimpernell,	Vocvain,	Hart's-ease,
Sage,	Maidenhair,	Sentory,
Fumetory.	Motherwort,	Seadrank, a good
Coltsfoot,	Cowage,	handful of each of
Scabéous;	Golden-rod,	the above-men-
Burridge,	Gromwell,	tioned things,
Saxafreg,	Dill.	Gentian-root,
Bitony,		Dock-root,
Liverworth,		Butter-bur-root,
Jarmänder.		Piony-root,
		Bay-berries,
		Juniper-berries, of
		each of these a
		pound.

One ounce of nutmegs, once ounce of cloves, and half an ounce of mace ; pick the herbs and flowers, and shred them a little. Cut the roots, bruise the berries, and pound the spices fine ; take a peck of green walnuts, and chop them small, mix all these together, and lay them to steep in sack-lees, or any white-wine lees ; if not, in good spirits,

N n but

but wine-lees are best. Let them lie a week, or better; be sure to stir them once a day with a stick, and keep them close covered, then still them in a limbeck with a slow fire, and take care your still does not burn. The first, second, and third running is good, and some of the fourth. Let them stand to be cold, then put them together,

*To make surfeit water.*

You must take scurvy-grafs, brook-lime, watercresses, roman wormwood, rue, mint, balm, sage, clivers, of each one handful; green merery two handfuls; poppies, if fresh half a peck, if dry a quarter of a peck; cochineal six-pennyworth, saffron six-pennyworth; anniseeds, carraway-seeds, coriander-seeds, cardamon-seeds, of each an ounce; liquorice two ounces scraped, figs split a pound, raisins of the sun stoned a pound, juniper-berries an ounce bruised, nutmeg an ounce beat, mace an ounce bruised, fennel-seeds an ounce bruised, a few flowers of rosemary, marygolds and sage-flowers; put all these into a large stone jar, and put to them three gallons of French brandy; cover it close, let it stand near the fire

fire for three weeks. Stir it three times a week, and be sure to keep it close stopped, and then strain it off; bottle your liquor, and pour on the ingredients a gallon more of French brandy. Let it stand a week, stirring it once a day, then distil it in a cold still, and this will make fine white surfeit water.

You may make this water at any time of the year, if you live at London, because the ingredients are always to be had, either green or dry; but it is the best made in summer.

*Of the proper season for distilling.*

Flowers of all kinds must be distilled in their proper seasons. To begin with the violet. Its colour and smell can only be extracted when it is in its greatest vigour, which is not at its first appearance, nor when it begins to decay. April is the month in which it is in the greatest perfection; the season being never so forward in March, as to give the violet its whole fragrancy.

The same must be observed of all other flowers. And let them be gathered at the warmest time of the day ; the odour and fragrancy of flowers being then in their greatest perfection.

The same observation holds good with regard to fruits ; to which must be added, that they are the finest, and of the most beautiful colour, especially those from whence tinctures are drawn ; they must be free from all defects, as the goods would by that means be greatly detrimented.

Berries and aromatics may be distilled at any season, all that is necessary being a good choice. But in this distillers are sometimes mistaken, as may easily happen without a very accurate knowledge.

*Of sugar spirit.*

I mean by a sugar-spirit, that extracted from the washings, scumings, dross, and waste of a sugar baker's refining-house.

The

These recrementitious, or drossy part of the sugar are to be diluted with water, fermented in the same manner as molasses or wash, and then distilled in the common method. And if the operation be carefully performed, and the spirit well rectified, it may be mixed with foreign brandies, and even arrack in a large proportion, to great advantage; for this spirit will be found superior to that extracted from treacle, and consequently more proper for these uses.

*Of raisin-spirit.*

By raisin spirits, I understand, that extracted from raisins, after a proper fermentation.

In order to extract this spirit, the raisins must be infused in a proper quantity of water, and fermented in the manner described. When the fermentation is completed, the whole is to be thrown into the still, and the spirit extracted by a strong fire; so you see the raisins out of a cask, after the wine is made to do.

The

The reason why we here direct a strong fire, is, because by that means a greater quantity of the essential oil will come over the helm with the spirit, which will render it much fitter for the distiller's purpose ; for this spirit is generally used to mix with common malt goods ; and it is surprising how far it will go in this respect, ten gallons of it being often sufficient to give a determining flavour, and agreeable vinosity to a whole piece of malt spirits.

It is therefore well worth the distiller's while to endeavour at improving the common method of extracting spirits from raisins ; and perhaps the following hint may merit attention.

When the fermentation is completed, and the still charged with fermented liquor, as above directed, let the whole be drawn off with as brisk a fire as possible ; but instead of the cask or cann, generally used by our English distillers for a receiver, let a large glass, be placed under the nose of the worm, and the receiver applied to the spout of the separating-glass ; by this means the ef-

essential oil will swim upon the top of the spirit, or rather low wine, in the separating-glaſs, and may be easily preserved at the end of the operation.

The use of this limpid essential oil is well known to distillers ; for in this resides the whole flavour, and consequently may be used to the greatest advantage, in giving that distinguishing taste and true vinosity, to the common malt-spirits.

After the oil is separated from the low wine, the liquor may be rectified in Balneum Mariæ into a pure and almost tasteless spirit, and therefore well adapted to make the finest compound cordials, or to imitate or mix with the finest French Brandies, arracks, &c.

In the same manner a spirit may be obtained from cyder. But as its particular flavour is not so desirable as that obtained from raisins, it should be distill'd in a more gentle manner, and carefully rectified in the common manner of rectification ; by which means a very pure and almost insipid spirit will be obtained, which may be used to very

very great advantage in imitating the best brandies of France, or in making the finest compound waters or cordials.

*Of the distilling of simple waters by the alembic.*

The plants designed for this operation are to be gathered when their leaves are at full growth, and a little before the flowers appear, or, at least, before the seed comes on ; because the virtue of the simple expected in these waters is often little, after the seed or fruit is formed, at which time plants begin to languish : the morning is best to gather them in, because the volatile parts are then condensed by the coldness of the night, and kept in by the tenacity of the dew, not yet exhaled by the sun.

This is to be understood, when the virtue of the distilled water resides principally in the leaves of plants ; as it does in mint, marjoram, pennyroyal, rue, and many more ; but the case differs when the aromatic virtue is only found in the flowers, as in roses, lillies of the valley, &c. in which case we chuse their flowery parts, whilst

whilst they smell the sweetest, and gather them before they are quite opened, or begin to shed, the morning dew still hanging on them.

In other plants the seeds are to be preferred, as in anise, caraway, cumin, &c. where the herb and the flower are indolent, and the whole resides in the seed alone, where it manifests itself by its remarkable fragrance, and aromatic taste. We find that seeds are more fully possessed of this virtue, when they arrive at perfect maturity.

We must not omit that these desirable properties are found only in the roots of certain plants, as appears in avens and in orpine, whose roots smell like a rose. Roots of this kind should be gathered, for the present purpose, at that time when they are richest in these virtues; which is generally at that season of the year just before they begin to sprout, when they are to be dug up in a morning.

If the virtues here required be contained in the barks or woods of vegetables, then these parts must be chosen for that purpose.

O o

The

The subject being chosen, let it be bruised, or cut, if there be occasion, and with it fill two thirds of a still, leaving a third part of it empty, without squeezing the matter close; then pour as much rain or river water into the still as will fill it to the same height; that is, two thirds together with the plant: fit on the head, luting the juncture, so that no vapour may pass through; and also lute the nose of the still-head to the worm. Apply a receiver to the bottom of the worm, that no vapour may fly off in the distillation; but that all the vapour being condensed in the worm, by cold water in the worm-tub, may be collected in the receiver.

Let the plant remain thus in the still to digest for twenty-four hours, with a small degree of heat. Afterwards raise the fire, so as to make the water in the still boil; which may be known by a certain hissing noise, proceeding from the breaking bubbles of the boiling matter; as also by the pipe of the still-head, or the upper-end of the worm, becoming too hot to be handled; or the smoaking of the water in the worm-tub heated

ed by the top of the worm ; and lastly, by the following of one drop immediately after another, from the nose of the worm, so as to form an almost continual stream. By all these signs we know the requisite heat is given ; if it be less than a gentle ebullition, the virtues of the simple, here expected, will not be raised : on the contrary, when the fire is too strong, the water hastily rises into the still-head, and fouls both the worm and the distilled liquor ; and the plant being also raised, it blocks up the worm ; for which reason it is no bad caution to fasten a piece of fine linen before the pipe of the still-head ; that, in case of this accident, the plant may be kept from stopping up the worm : but notwithstanding this precaution, if the fire be too fierce, the plant will stop up the pipe of the still-head ; and, consequently, the rising vapour finding no passage, will blow off the still-head, and throw the boiling liquor about the still-house, so as to do a great deal of mischief, and even suffocate the operator, without a proper caution ; and the more oily, tenacious, gummy, or resinous the subject is, the greater the danger,

in case of this accident; because the liquor is the more frothy and explosive.

Let the due degree of fire therefore be carefully observed, and equally kept up, as long as the water, distilling into the receiver, is white, thick, odorous, sapid, frothy and turbid; for this water must be carefully kept separate from that which follows it. The receiver, therefore, should be often changed, that the operator may be certain that nothing but this first water comes over; for there afterwards arises a water that is transparent, thin, and without the peculiar taste and flavour of the plant, but generally somewhat tartarish and limpid, though somewhat obscured and fouled by white dreggy matter: and if the head of the still be of copper, and not tinned, the acidity of this last water corrodes the copper, so as to become green, nauseous, emetic and poisonous to those who use it, especially to children, and persons of weak constitutions.

The first water above-described, principally contains the oil and presiding spirit of the plant; for the fire by boiling the sub-  
ject

ject, dissolves its oil, and reduces into small particles, which are carried upwards by the assistance of the water, along with those parts of the plant that becomes volatile with their motion. And, if the vessels are exactly closed, all these being united together, will be discharged without losf, and without much alteration, into the receiver; and, consequently, furnish us with a water richly impregnated with the smell, taste, and particular virtues of the volatile parts of the plants it was extracted from.

The water of the second running, wants the volatile part above described, and has scarce any other virtue than that of cooling.

And this is the best method of preparing simple waters, provided the two sorts be not mixed together, for both of them would be spoiled by such a mixture.

Hence it plainly appears at what time, with the same degreee of fire, quite contrary virtues may arise from a plant; for so long as a milk water continues to come over from such plants as are aromatic, so long the water remains warming and attenuating; but when

in case of this accident; because the liquor is the more frothy and explosive.

Let the due degree of fire therefore be carefully observed, and equally kept up, as long as the water, distilling into the receiver, is white, thick, odorous, rapid, frothy and turbid; for this water must be carefully kept separate from that which follows it. The receiver, therefore, should be often changed, that the operator may be certain that nothing but this first water comes over; for there afterwards arises a water that is transparent, thin, and without the peculiar taste and flavour of the plant, but generally somewhat tartarish and limpid, though somewhat obscured and fouled by white dreggy matter: and if the head of the still be of copper, and not tinned, the acidity of this last water corrodes the copper, so as to become green, nauseous, emetic and poisonous to those who use it, especially to children, and persons of weak constitutions.

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when it comes to be thin and pellucid, it is acid and cooling.

Hence we may also learn the true foundation for conducting of distillation; for if the operation be stopped, as soon as ever the white water ceases to come over, the preparation will be valuable and perfect; but if, through a desire of increasing that quantity, more be drawn off, and the latter acid part suffered to mix with the first running, the whole will be spoiled, or at least rendered greatly inferior to what it would otherwise have been.

Such is the general method of procuring simple waters, that shall contain the volatile virtues of the plants distilled; some rules are however necessary to render it applicable to all sorts of plants; these rules are the following:

1. Let the aromatic, balsamic, oily, and strong-smelling plants, which long retain their natural fragrance, such as balm, hyssop, juniper, majoram, mint, origanum, penniroyal, rosemary, lavender, sage, &c. be gently dried a little in the shade; then digest

digest them, in the same manner as already mentioned, for twenty-four hours, in a close vessel, with a small degree of heat, and afterwards distil in the manner above delivered, and thus they will afford excellent waters.

2. When waters are to be drawn from barks, roots, seeds, or woods that are very dense, pondorous, tough and resinous, let them be digested for three, four, or more weeks, with a greater degree of heat, in a close vessel, with a proper quantity of salt added, to open and prepare them the better for distillation. The quantity of sea-salt is here added, partly to open the subject the more, but chiefly to prevent putrefaction, which otherwise would certainly happen in so long a time, and with such a heat as is necessary in this case, and so destroy the smell, taste, and virtues expected from the process.

3. Those plants which diffuse their odour to some distance from them, and thus soon lose it, should immediately be distilled after being gathered in a proper season, without any previous digestion; thus borage, bugloss, jessamine, white lillies, lillies of the valley, roses,

roses, &c. are hurt by heat, digestion, or lying in the air. All these may be done in a common still, but they won't be too strong.

*Of the method of procuring a simple water from vegetables, by previously fermenting the vegetable before distillation.*

By this elegant method we obtain the virtues of plants very little altered from what they naturally are, though rendered much more penetrating and volatile. The operation is performed in the following manner.

Take a sufficient quantity of any recent plant, cut it, and bruise it if necessary ; put it into a cask, leaving a space empty at top of about four inches deep ; then take as much water as would, when added, fill the cask of the same height, including the plant, and mix therein about an eighth part of honey, if it be cold winter weather ; or a twelfth part, if it be warm : In the summer the like quantity of coarse, unrefined sugar might be added instead of honey, or half an ounce of yeast to each pint of water will have the same effect ; though most prefer

prefer honey for this purpose. When the proper quantity of honey is added to the water, let it be warmed and poured into the cask. and set it into a warm place to ferment for two or three days ; but the herb must not be suffered to fall to the bottom, nor the fermentation above half finished. The whole must then be immediately committed to the still, and the fire raised by degrees ; for the liquor, containing much fermenting spirit, easily rarifies with the fire, froths, swells, and therefore becomes very subject to boil over ; we ought therefore to work flower, especially at first.

By this method there will come over at first, a limpid, unctuous, penetrating, odorous, sapid liquor, which is to be kept separate : after this there follows a milky, opake, turpid liquor, still containing something of the same taste and odour ; and at length comes one that is thin, acid, without either smell, or scarce any property of the plant.

The first water, or rather spirit, may be kept several years, in a close vessel, without changing or growing ropy. It also excell-

P p lently

lently retains the taste and odour of the plant, though a little altered ; but if less honey were added, less heat employed, or the fermentation continued for a smaller time, the distilled liquor of the first running would be white, thick, opake, unctuous, frothy, and perfectly retain the scent and taste of the plant, or much less altered than in the former case ; though the water will not be sharp and penetrating. After this is drawn off, a tartish, limpid, inodorous liquor will come over.

And thus may simple waters be made fit for long keeping without spoiling ; the proportion of inflammable spirit, generated in the fermentation, serving excellently to preserve them.

*Of the simple waters commonly in use.*

Simple waters are not so much used at present as they were formerly, and perhaps one reason for their being neglected, is the bad methods used in distilling them ; the process is carried on in the same manner with every herb ; though some should be gently dried, and others distilled green ; some

some should be drawn with the cold, and others with the hot still.

The general rule that should be observed with regard to the hot still is, that all herbs should have twice their weight of water added to them in the still ; and not above a fourth or a sixth part of it drawn off again ; for simple waters have their faints, if drawn too low, as well as those that are spirituous.

Some plants, particularly balm, require to have the water drawn from them coho-bated, or poured several times on a fresh parcel of the herb, in order to give it a proper degree of strength or richness. Others, on the contrary, abound too much with an essential oil that floats on the distilled water; in this case all the oil should be carefully taken off. Lastly, those that contain a more fixed oil, should be imperfectly fermented, in the manner laid down, before they are distilled; of this kind are *caduus*, *camomile*, &c.

The simple waters now commonly made, are orange-flower-water, rose-water, cinnamon, fennel-water, pepper-mint-water,

spear-mint-water, balm-water, pennroyal-water, Jamaica pepper-water, castor-water, simple-water of orange-peel, and of dill seed.

*Of orange flower-water.*

Some degree of attention is requisite to draw a simple and odoriferous water from the orange flowers; the fire must be carefully regulated; for too small a degree will not bring over the essential oil of the flowers, in which their odoriferous flavour consists: and, on the contrary, too strong a fire destroys the fragrancy of the water, and is very apt to scorch the flowers, and give the water an empyreumatic smell. Care should also be taken to fasten the receiver to the end of the worm with a bladder, to prevent the volatile parts from evaporating. The quantity of water, also, should be carefully attended to, if you hope to succeed in the operation. The following receipts will answer the intention.

*Receipt*

*Receipt for orange-flower-water.*

Take twelve pounds of orange-flowers, and twenty-four quarts of water, and draw over three pints. Or, take twelve pounds of orange-flowers, and fifteen quarts of water; draw over fifteen quarts, carefully observing what has been observed at the beginning, with regard to the regulation of the fire.

*Of pepper-mint-water.*

Pepper-mint is a very celebrated stomatic, and on that account greatly used at present, and its simple water often called for.

*Receipt for a gallon of pepper-mint-water.*

Take of the leaves of dried pepper-mint, one pound and a half; water two gallons and a half; put all into an alembic, and draw off one gallon, with a gentle fire.

The water obtained from pepper-mint, by distillation in Balneum Mariæ, is more fragrant and more fully impregnated with the virtues of the plant than that drawn by the

the alembic. The same may be said with regard to that extracted by the cold still ; when the cold still is used the plant must be green, and if possible committed to the still with morning dew upon it.

*Of spear-mint-water.*

Spear-mint is also, like pepper-mint, a stomatic, and therefore constantly used.

*Receipt for one gallon of spear-mint-water.*

Take the leaves of dried spear-mint one pound and a half ; water two gallons and a half ; put all into an alembic, and draw off one gallon, by a gentle fire.

This water, like that drawn from pepper-mint, will be more fragrant if distilled in Balneum Mariæ, or the cold still ; but if the latter be used, the same caution must be observed of distilling the plant green.

*Receipt for a gallon of Jamaica pepper-water.*

Take of Jamaica-pepper half a pound, water two gallons and a half ; draw off one gallon, with a pretty brisk Fire, The oil of

of this fruit is very ponderous, and therefore this water is best made in an alembic.

It is a very noble aromatic, and deserves to be used more frequently than it is at present. The simple water drawn from it is a better carminative than any other simple water at present in use.

*Of lemon-water.*

The peel of the lemon, the part used in making this water, is a very grateful bitter aromatic, and on that account very serviceable in repairing and strengthening the stomach.

*Receipt for ten gallons of lemon-water.*

Take of dried lemon-peel four pounds, clean proof spirit ten gallons and a half, and one gallon of water. Draw off ten gallons by a gentle fire. Some dulcify lemon-water, but by that means its virtues as a stomachic, are greatly impaired.

*Receipt*

*Receipt for ten gallons of compound angelica water.*

Take of the roots and seeds of angelica, and of sweet fennel-seeds of each one pound and a half, of the dried leaves of baum and sage of each one pound ; slice the roots and bruise the seeds and herbs, and add to them of cinnamon one ounce, of cloves, cubebs, galangals, and mace, of each three quarters of an ounce, of nutmegs, the lesser cardamom seed, pimento, and saffron, of each half an ounce ; infuse all these in twelve gallons of clean proof spirit, and draw off ten gallons, with a pretty brisk fire. It may be dulcified or not at pleasure.

This is an excellent composition, and a powerful carminative ; and good in all flatulent cholics, and other griping pains in the bowels. It is also good in nauseas, and other disorders of the stomach.

It may not be amiss to observe here, that in distilling this and several other compositions, abounding with oily seeds, the operator

operator should be careful not to let the faints mix with the other goods, as they would by that means be rendered nauseous and unsightly; he should therefore be careful towards the latter end of the operation, to catch some of the spirit as it runs from the worm in a glaſs; and as soon as ever he perceives it the least cloudy, to remove the receiver, and draw the faints by themselves

*Of wormwood water.*

There are two sorts of wormwood water, distinguished by the epithets of greater and lesser.

*Receipt for making ten gallons of the lesser composition of wormwood water.*

Take the leaves of dried wormwood five pounds; of the lesser cardamom-seeds five ounces; draw off ten gallons, or till the faints begin to rise, with a gentle fire. It may be dulcified with sugar, or not, at pleasure. This is a good stomatic and carminative; and on that account often called for.

*Of antiscorbutic water.*

The scurvy being a disease very common in England, this antiscorbutic water will be of great use.

*Receipt for making ten gallons of antiscorbutic water.*

Take the leaves of water-cresses, garden and sea scurvy-grass, and brooklime, of each twenty handfuls; of pine-tops, germander, harehound, and the lesser centory, of each sixteen handfuls; of the roots of briony and sharp-pointed dock, of each five pounds; of mustard-seed one pound and a half. Digest the whole in ten gallons of proof spirit, and two gallons of water, and draw off by a gentle fire.

This is a good water for the purposes expressed in the title, viz. against scorbutic disorders. It is also good in tremblings and disorders of the nerves.

*Of*

### Of compound horse-radish water.

Take of the fresh roots of horse-radish nine pounds ; of the leaves of water-cresses and of garden scurvy-grass, each six pounds ; of the outward, or yellow peel of orange, and lemons, each nine ounces ; of winter's bark twelve ounces ; of nutmegs three ounces. Cut, bruise and digest the ingredients in ten gallons of proof spirit, and two gallons of water, and draw off ten gallons as before. Or, you may take of the leaves of garden and sea scurvy-grass fresh gathered in the spring, each seven pounds ; brook-lime, water-cresses, and horse-radish-root, of each ten pounds ; of winter's bark and nutmegs, each ten ounces ; of the outer peel of lemons one pound ; of arum-root fresh gathered two pounds ; proof spirit ten gallons, water two gallons. Bruise and slice the ingredients ; digest the whole, and draw off ten gallons as before.

Either of the above receipts will produce an excellent water, against all obstructions of the kidneys and other viscera. It is also of great service in the jaundice, cachexies and

dropsies; and in all scorbutic cases, it is equal to any medicine; as it opens the minute passages, promotes transpiration, and cleanses the skin, and other small glands, which are filled with gross particles, to the detriment of their proper offices.

*For making ten gallons of Imperial water.*

Take of the dried peels of citrons and oranges, of nutmegs, cloves, and cinnamon, each one pound; of the Roots of cypress, florintine orrice, *calamus aromaticus*, each eight ounces; of zedoary, galangal and ginger, of each four ounces; of the tops of lavender and rosemary, each sixteen handfuls; the leaves of white and damask roses, of each twelve handfuls. Digest the whole two days in ten gallons of proof spirit, and four gallons of damask rose water; after which draw off ten gallons.

All the ingredients in composition coincide in one intention, and are such as will give their virtues of distillation; circumstances that cannot be said of many other compound waters. It is a very good cephalic, and of great use in all nervous cases. It is

is also a very pleasant dram, especially if dulcified with fine sugar, and good upon any sudden sickness of the stomach,

*Receipt for making ten gallons of compound piony water.*

Take of the roots of male piony, twelve ounces; of those of wild valerian, nine ounces; and of those of white bittany six ounces; of piony-seed four ounces and a half; of the fresh flowers of lily of the valley, one pound and a half; of those of lavender, Arabian stæchas, and rosemary, each nine ounces; of the tops of betony, marjoram, rue and sage, each six ounces; slice and bruise the ingredients, and digest them four days in ten gallons of proof spirit and two gallons of water; after which draw off ten gallons.

*Receipt for two gallons of Eau de Carmes.*

Take of the fresh leaves of Baum four pounds; of the yellow peel, or rind of lemons, two pounds; of nutmegs and coriander-seeds each one pound of cloves, cinnamon, and an elica-root, of each half

a pound. Pound the leaves, bruise the other ingredients, and put two gallons of fine proof spirit into a large glass alembic stop the Mouth, and place it in a bath-heat to digest two or three days. Then open the mouth of the alembic, and add a gallon of baum water, and shake the whole well together. After this place the alembic in balneum mariæ, and distil till the ingredients are almost dry; and preserve the water thus obtained in bottles well stoped,

This water has been long famous both at *London* and *Paris*, and carried thence to most Parts of *Europe*. It is a very elegant Cordial, and very extraordinary virtues are attributed to it; for it is esteemed very efficacious not only in lowness of spirits, but even in apoplexies; and is greatly commend-ed in cases of the gout in the stomach.

*To join china.*

Take oyster-shell powder and the white of an egg, beat it as fine as possible; then mix the powder and the white of an egg, as thick as white paint; then take your china, and lay it on pretty thick; and then hold it close with your hands, before

fore a good fire, till the china is hot, and it will be fastened in two minutes, then pour boiling water into it directly; then wipe it dry, and with a penknife scrape it clean on both sides, and it will appear only as a crack; you must be very quick in doing it, otherwise the remainder that is left to join the rest of the china will grow hard and be of no use, if either the heat of the fire or wind comes near it.

*How to make the oystershell powder.*

Take a large deep shell; put it in the middle of a very good clear fire, and burn it, till it is red hot; then carefully take it out with a pair of tongs; scrape all the black away, and then pound it in a mortar, till it is as fine as a powder; then sift it through a fine linen rag, till you have made it as fine as possibly you can.

*To join glass.*

Take alabaster, pound it and rub it in a mortar with the pestle; then sift it through a fine rag, and mix it with the white of an egg, as you do for the china; join it, and hold

hold it at a proper distance from the fire, so as not to break the glafs ; then with a pen-knife scrape off what sticks without fide.

*N. B.* Gum arabic steeped in boiling wa-  
ter, made to a proper thicknes, will  
do the same thing.

Boerhaave's art of distilling, for the a-  
musement of ladies in their own apartments,  
is one of the neatest and compleatest things  
ever invented. Made by Mr. Vaughan, in  
Prince's-street, Leicester-fields.

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